

The Top 3 Reasons It's So Difficult To Stop Smoking

By Anne Mitchell

So you've tried and tried to quit smoking and you are almost ready to throw in the towel and resign yourself to being a smoker for life. Why do we think that way after repeated relapses? Is it human weakness or is it the inevitable result of recurrent failure?

Actually, it's neither. For most people, smoking is an addiction, not a choice. Relapse is intrinsic to addiction. If you could simply walk away, then you probably would have by now, especially in light of all of the alarming news about the dangers of long-term tobacco use.

If you're having trouble staying away from tobacco, it's likely to be because of one or more of the following reasons.

1. Pain

There is nothing easy about quitting. Quitting smoking is painful. At first, you experience the pain of physical withdrawal. Next, you start missing the social aspects of cigarettes, like the enjoyment of smoking with friends. Then there's the loss of comfort and of the refuge that smoking used to give you. Why would anyone want to put themselves through all that misery?

2. Procrastination

We tell ourselves, "Tomorrow has got to be a better day for dealing with quitting than today is. Smoking another few cigarettes is not going to kill me. This can wait." Of course that perfect day may never come, and if you keep thinking that all the stars have to be aligned and your situation has to be perfect, you will never be ready.

3. Pollyannaism

We are eternal optimists. We have all heard what the dangers of smoking are, but most of us believe those things won't happen to us. We are pretty sure that we will dodge those cancer and emphysema bullets. Unfortunately, the statistics say otherwise. A majority of us will be negatively harmed by smoking. It may not be lung cancer, but it will probably be something pretty nasty, and it's just a matter of time.

And that's what it all comes down to: time. All any of us has is today. You simply cannot count on unlimited tomorrows while your procrastination continues. You can't postpone forever the temporary pain that comes with quitting nicotine.

Now's the time. You must come to terms with the reality that the scary statistics represent. You must start accepting that you are just as vulnerable as the hundreds of people who died yesterday of smoking-related illnesses (they didn't think it would happen to them either).

You can decide today that you no longer want to contribute to your early demise. You are free to choose a new way of life. You're a nonsmoker by nature, you know.

*Anne Mitchell is a former smoker and the author of the book/audio CD **Give It Up!™ Stop Smoking For Life**. For more information, go to www.lovetogiveitup.com or call toll-free at 1.866.GiveItUp.*