

Top Tips to Stop Smoking

Tip 1 Remember – you’re not giving up anything because cigarettes do absolutely nothing for you at all. They provide you with no genuine pleasure or crutch, they simply keep you addicted – a slave to nicotine. Get it clearly into your mind: you are losing nothing and you are making marvellous positive gains not only in health, energy and money but also in confidence, self-respect, freedom and, most important of all, in the length and quality of your future life. You’re going to enjoy being a non-smoker right from the moment you put out your last cigarette.

Tip 2. Make a solemn vow that regardless of what highs or lows may befall you in future, you will never puff on another cigarette or take nicotine in any form again. This is one of the most important decisions you will ever make because the length and quality of your future life critically depend on it. What’s more, you know it’s the correct decision even as you make it. Having made what you know to be the correct decision never even begin to question or to doubt that decision.

Tip 3. Your body will continue to withdraw from nicotine for a few days but that doesn’t mean you have to be miserable. The physical withdrawal is very slight – there is no pain – and it passes quickly. What’s more, it’s what smokers suffer all their smoking lives. Non-smokers do not suffer it. You are a non-smoker and so you’ll soon be free of it forever.

Tip 4 If you associate a cigarette with a coffee, tea, drink or break, have your coffee, tea, drink or break in a different place and at that moment, instead of thinking: “I can’t have a cigarette now”, simply think: “Isn’t it great: I can enjoy this moment without having to choke myself to death”.

Tip 5. Do not try to avoid smoking situations or opt out of life. Go out and enjoy social occasions right from the start and do not envy smokers, pity them. Realise that they will be envying you because every single one of them will be wishing they could be like you: free from the whole filthy nightmare.. Remember it’s not you who is being deprived but those poor smokers. They’re being deprived of their health, energy, money, peace of mind, confidence, courage, self-respect and freedom. If you’re offered a cigarette, just say: “No thanks – I don’t smoke”, rather than start a long conversation about how long it has been since you stopped.

Tip 6. Don’t try not to think about smoking – it doesn’t work. Just make sure that whenever you are thinking about it, you’re not thinking: “I want a cigarette but I can’t have one” but instead: “Isn’t it marvellous: I don’t need to smoke anymore and I don’t want to smoke anymore. I’m a non-smoker!” Then you can think about it all you like and you’ll still be happy.

Tip 7. Never be fooled into thinking you can have the odd cigarette just to be sociable or just to get over a difficult moment. If you do, you’ll find yourself back in the trap in no time at all. Never think in terms of one cigarette, always think of the whole filthy lifetime’s chain. Remember: there is no such thing as just one cigarette.

Tip 8. Do not use any substitutes. They all make it more difficult to stop because they perpetuate the illusion that you’re making a sacrifice. Substitutes that contain nicotine, i.e. so-called Nicotine Replacement Therapy – patches, gums, nasal sprays and inhalators – are particularly unhelpful as they simply keep the addiction to nicotine alive.

Tip 9. Do not keep cigarettes on you or anywhere else in case of an emergency. If you do, it means you're doubting your decision. Non-smokers do not need cigarettes. You are already a non-smoker the moment you put out your final cigarette. In fact one of the many joys of being free is not having to worry about having cigarettes and a light on you, of ending that slavery.

Tip 10. Life will soon go back to normal as a non-smoker but be on your guard not to fall back into the trap. If your brain ever starts playing tricks on you by thinking "Just one cigarette", remember there is no such thing, so the question you need to ask yourself is not: "Shall I have a cigarette now" but "Do I want to become a smoker again, all day, every day sticking those things into my mouth, setting light to them, never being allowed to stop?" The answer "No". Why not? "Because I didn't like being a smoker – that's why I decided to become a non-smoker". That way those moments can become pleasurable as you congratulate yourself that you're free and that way you can enjoy remaining a non-smoker for the rest of your life.