What happens when I quit smoking without help? (cold turkey)

Smokers that quit without treatment experience nicotine withdrawal.

Remember:

Nicotine is the substance found in cigarettes and other tobacco products that is addicting.

This means that even though you want to stop smoking, your body is used to having nicotine put into it every day.

Your body has become used to having nicotine and wants you to keep taking it even though you know that it is time to quit.

This is called nicotine addiction or dependence.
Nicotine Withdrawal

When you don’t give your body nicotine, your body will react by sending you unpleasant signals. These are called withdrawal symptoms.

The symptoms of nicotine withdrawal are listed below:

✓ Irritable or angry mood
✓ Depressed or sad mood
✓ Trouble sleeping
✓ Feeling frustrated
✓ Difficulty concentrating
✓ Restlessness or “can’t get comfortable” feeling
✓ Slower heart rate
✓ Feeling hungry
One time when I tried to quit smoking without treatment (“cold turkey”), I experienced these symptoms of nicotine withdrawal

______ No
______ Yes (check all that apply)

- Irritable or angry mood
- Depressed or sad mood
- Trouble sleeping
- Feeling frustrated
- Difficulty concentrating
- Restlessness or “can’t get comfortable” feeling
- Slower heart rate
- Feeling hungry
Having nicotine withdrawal symptoms in the past has caused me to smoke:

____  No
____  Yes

The next time I try to quit smoking, I want to avoid having nicotine withdrawal symptoms

____  No
____  Yes