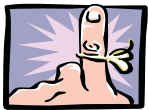




What happens when I quit smoking without help? (cold turkey)

Smokers that quit without treatment experience nicotine withdrawal.

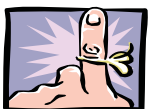
Remember:



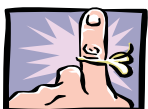
Nicotine is the substance found in cigarettes and other tobacco products that is addicting.



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

IMPORTANT POINTS TO REMEMBER

Smoking nicotine in cigarettes will immediately take away withdrawal symptoms and make you *temporarily* feel better.

By giving you unpleasant symptoms, your body is tricking you into smoking and using nicotine over and over again forever.

You can use a nicotine replacement medication to help break the addiction and not have to feel the unpleasant withdrawal symptoms.

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**