I'M UNDER A LOT OF STRESS, AND SMOKING RELAXES ME. SMOKING MAKES ME MORE EFFECTIVE IN MY WORK. I'VE ALREADY CUT DOWN TO A SAFE LEVEL. I SMOKE ONLY SAFE, LOW TAR, LOW-NICOTINE CIGARETTES. SOMETIMES I HAVE AN IRRESISTIBLE URGE TO HAVE A CIGARETTE. I HAVE TO DIE FROM SOMETHING, DON'T I? IF I DON'T SPEND MONEY ON CIGARETTES I WILL SPEND IT ON SOMETHING ELSE THAT IS USELESS. I HAVE TRIED TO QUIT IN THE PAST AND THAT HAS MADE ME SICKER. I HAVE NO OTHER BAD HABITS SO WHY SHOULD I GIVE THIS ONE UP? IF I QUIT NOW I WILL BE UNDER SO MUCH STRESS THAT I WILL BE FORCED TO SMOKE MORE LATER. I WILL GAIN WEIGHT AND WHAT HEALTH BENEFIT DOES THAT HAVE. MY UNCLE/AUNT SMOKED UNTIL THEY WERE 110 AND THEY WERE HEALTHY. I WILL JUST WAIT UNTIL I BECOME SICK AND THEN I WILL THINK ABOUT IT. EVERYONE ELSE IN MY HOUSE SMOKES SO WHAT'S THE DIFFERENCE. I CAN QUIT WHENEVER I WANT TO. AND RIGHT NOW I JUST DON'T WANT TO. TODAY I AM TRYING TO STOP SMOKING. CANNOT USE NICOTINE PRODUCTS AT ALL. PLEASE HELP. I AM GOING NUTS! I HAVE SUCKERS AND HARD CANDY BUT HOW DO YOU CALM CRAVINGS WITHOUT NICOTINE? I SWITCHED TO A BRAND I HATE TO SMOKE TO HELP ME QUIT. I FEEL LIKE I'VE BEEN FIGHTING THIS MONKEY ON MY BACK FOREVER. MY HOPE IS THAT THIS IS THE LAST TIME I QUIT I DREAMED I SMOKED TWO CIGARETTES. BOY WAS I GLAD WHEN I WOKE UP THAT IT WAS A DREAM. I WOKE UP THIS MORNING AND I AM SICK. I BET YOU CAN'T GUESS WHAT IT IS THAT I AM CRAVING HORRIBLY TODAY. TRIED STOPPING TWICE BEFORE AND FAILED AFTER 3-4 MONTHS EACH TIME. I'M DOING THIS ALONE, MY WIFE BEING A NEVER-SMOKER HAS NO SYMPATHY. NO SMOKER I KNOW IS PLANNING ON GIVING UP SOON. A CRAVING SPRANG UP OUT OF NOWHERE. QUIT NOW. ACTUALLY ABOUT AN HOUR AGO I HAD LAST. WOKE UP THIS MORNING AND SAID TODAY IS THE DAY. I'M UNDER A LOT OF STRESS, AND SMOKING RELAXES ME. SMOKING MAKES ME MORE EFFECTIVE IN MY WORK. I'VE ALREADY CUT DOWN TO A SAFE LEVEL. I SMOKE ONLY SAFE, LOW TAR, LOW-NICOTINE CIGARETTES. SOMETIMES I HAVE AN IRRESISTIBLE URGE TO HAVE A CIGARETTE. I HAVE TO DIE FROM SOMETHING, DON'T I? IF I DON'T SPEND MONEY ON CIGARETTES I WILL SPEND IT ON SOMETHING ELSE THAT IS USELESS. I HAVE TRIED TO QUIT IN THE PAST AND THAT HAS MADE ME SICKER. I HAVE NO OTHER BAD HABITS SO WHY SHOULD I GIVE THIS ONE UP? IF I QUIT NOW I WILL BE UNDER SO MUCH STRESS THAT I WILL BE FORCED TO SMOKE MORE LATER. I WILL GAIN WEIGHT AND WHAT HEALTH BENEFIT DOES THAT HAVE. MY UNCLE/AUNT SMOKED UNTIL THEY WERE 110 AND THEY WERE HEALTHY. I WILL JUST WAIT UNTIL I BECOME SICK AND THEN I WILL THINK ABOUT IT. EVERYONE ELSE IN MY HOUSE SMOKES SO WHAT'S THE DIFFERENCE. I CAN QUIT WHENEVER I WANT TO. AND RIGHT NOW I JUST DON'T WANT TO. TODAY I AM TRYING TO STOP SMOKING. CANNOT USE NICOTINE PRODUCTS AT ALL. PLEASE HELP. I AM GOING NUTS! I HAVE SUCKERS AND HARD CANDY BUT HOW DO YOU CALM CRAVINGS WITHOUT NICOTINE? I SWITCHED TO A BRAND I HATE TO SMOKE TO HELP ME QUIT. I FEEL LIKE I'VE BEEN FIGHTING THIS MONKEY ON MY BACK FOREVER. MY HOPE IS THAT THIS IS THE LAST TIME I QUIT I DREAMED I SMOKED TWO CIGARETTES. BOY WAS I GLAD WHEN I WOKE UP THAT IT WAS A DREAM. I WOKE UP THE MORNING AND I AM SICK. I BET YOU CAN'T GUESS WHAT IT IS THAT I AM CRAVING HORRIBLY TODAY. TRIED STOPPING TWICE BEFORE AND FAILED AFTER 3-4 MONTHS EACH TIME. I'M DOING THIS ALONE, MY WIFE BEING A NEVER-SMOKER HAS NO SYMPATHY. NO SMOKER I KNOW IS PLANNING ON GIVING UP SOON. A CRAVING SPRANG UP OUT OF NOWHERE. QUIT NOW. ACTUALLY ABOUT AN HOUR AGO I HAD LAST. WOKE UP THIS MORNING AND SAID TODAY IS THE DAY. I'M UNDER A LOT OF STRESS, AND SMOKING RELAXES ME. SMOKING MAKES ME MORE EFFECTIVE IN MY WORK. I'VE ALREADY CUT DOWN TO A SAFE LEVEL. I SMOKE ONLY SAFE, LOW TAR, LOW-NICOTINE CIGARETTES. SOMETIMES I HAVE AN IRRESISTIBLE URGE TO HAVE A CIGARETTE. I HAVE TO DIE FROM SOMETHING, DON'T I? IF I DON'T SPEND MONEY ON CIGARETTES I WILL SPEND IT ON SOMETHING ELSE THAT IS USELESS. I HAVE TRIED TO QUIT IN THE PAST AND THAT HAS MADE ME SICKER. I HAVE NO OTHER BAD HABITS SO WHY SHOULD I GIVE THIS ONE UP? IF I QUIT NOW I WILL BE UNDER SO MUCH STRESS THAT I WILL BE FORCED TO SMOKE MORE LATER. I WILL GAIN WEIGHT AND WHAT HEALTH BENEFIT DOES THAT HAVE. MY UNCLE/AUNT SMOKED UNTIL THEY WERE 110 AND THEY WERE HEALTHY. I WILL JUST WAIT UNTIL I BECOME SICK AND THEN I WILL THINK ABOUT IT. EVERYONE ELSE IN MY HOUSE SMOKES SO WHAT'S THE DIFFERENCE. I CAN QUIT WHENEVER I WANT TO. AND RIGHT NOW I JUST DON'T WANT TO. TODAY I AM TRYING TO STOP SMOKING. CANNOT USE NICOTINE PRODUCTS AT ALL. PLEASE HELP. I AM GOING NUTS! I HAVE SUCKERS AND HARD CANDY BUT HOW DO YOU CALM CRAVINGS WITHOUT NICOTINE? I SWITCHED TO A BRAND I HATE TO SMOKE TO HELP ME QUIT. I FEEL LIKE I'VE BEEN FIGHTING THIS MONKEY ON MY BACK FOREVER. MY HOPE IS THAT THIS IS THE LAST TIME I QUIT I DREAMED I SMOKED TWO