

## WHAT I LIKE ABOUT QUITTING TOBACCO

### PHYSICALLY:

- “I love waking up in the mornings and not coughing a lung up because I’ve smoked too much the night before.” -- Paula, Age 39
- “My eyes seem much brighter, like a film has been removed from them. My hands are looking better, less snarled and dry.” – Marah
- “I love having a pink tongue.” -- Mamawoodchip
- “I love eating a wonderful meal and actually tasting it.” -- mkenney
- “I can breathe out of both nostrils right now (covering up one at a time), which I haven’t been able to do in ages.” – Marah
- “I love really being able to taste my food.” – Paula, Age 39
- “I’m noticing that I haven’t had that painful jaw-facial ache since I quit smoking. My jaw used to ache so badly. I think it’s because I was so incredibly anxious as a smoker.” – Marah
- “I love that I don’t get winded walking up 1 flight of stairs.” – victoria3799
- “The biggest change since quitting smoking is in my energy. Getting things done is just not so hard anymore.” -- Marah
- “When I’m lying in bed, I’m not experiencing shallow breathing and rapid pulse (before, my pulse often was over 100 at rest). -- Marah
- “I love that I can fall asleep without feeling my heart beating its way out of my chest, and it doesn’t miss a beat anymore! -- Irishannabanana

### EMOTIONALLY:

- “I love to wake up every morning knowing that I’m a nonsmoker.” – mkenney
- I love that I’m doing what I said I’d do.” -- mkenney
- “I love the freedom from fear. Freedom from addiction has made my life so much more peaceful. That constant, gnawing fear in the back of my mind about whether I’d quit **in time** is gone. I never realized how heavy the weight of that fear was to carry until I no longer had it in my backpack.” -- AB\_QUITSMKNG
- “I love the newfound confidence and strength in ALL aspects of my life.” –Paula39
- I love being in control – I feel wonderfully powerful that I am able to fight this addiction.” -- Paula39
- “I love being free from the ball and chain.” -- mkenney
- “I love the improvements to my self-esteem! Nicotine addiction made me feel so powerless, and over time, it ate a serious hole in my self-esteem. Quitting changed all that. We are all supermen and women, and the increased sense of self affects everything else in positive ways. – AB\_QUITSMKNG
- “I love being able to say, “no, I’m sorry I don’t have a light – I don’t smoke!” -- Paula 39
- “I also love the newfound feelings and emotions that I never knew I had before because they were hidden behind a smoke screen.” – Paula39
- “I love that I feel more like my true self, not someone hiding.” – Milka

## **FAMILY LIFE:**

- “I love that I have the energy to run, dance, laugh and play with my kids without having to take a breather every 5 minutes! – Paula39
- “I can smell the peanut butter I spread on umpteen sandwiches for my little one’s lunch . . . I smell the baby shampoo I lathered my son’s head with as he giggled in the bathtub . . . “ -- Mamawoodchip
- “I love that I’m setting a good example to my children.” – mkenney
- “I love that I can tell my kids to not smoke without sounding like a hypocrite.” – Kerrir
- “I love that my little girl is no longer afraid that Mommy will die when she goes outside to smoke.” – Sysperia
- “My children being so proud of me for quitting smoking! -- JaninMN
- “I love being an inspiration to others (my sister is gonna quit). – mkenney
- “And most of all, I love the fact that by quitting smoking, I will have more time on this earth to enjoy all of the love, laughter and joy I’m supposed to with my family and friends.” – mkenney

## **SOCIALLY:**

- “I love not hiding and counting down the minutes that I sneak away and hope to God I am somewhere where I can.” – Kerrir
- “I love that I don’t have to constantly have to take a million smoke breaks.” – mkenney
- “I am getting out of my house more now and am finding it difficult to spend an entire day indoors. It used to be the opposite; I hated to ever leave, for fear of being separated from my cigarettes.” – Marah
- “I love not missing the first few minutes of my TV shows because I’m off having a smoke between shows.” – Kerrir
- “No late night runs to the store to buy a pack of smokes! – JaninMN
- “I love the way my house smells. I went out and bought expensive candles . . . the smell is heavenly and lingers for days. Sure beats stale cigarette smoke.” – born2poor
- “I love that my garage no longer smells like a stale ashtray.”
- “Clothes smell so fresh!” – JaninMN

## **MENTALLY:**

- “I love that I’m no longer supporting the tobacco industry.” – mkenney
- “I love going for longer and longer periods of time without even thinking of smoking, as though it doesn’t exist. I has been stripped of its important and no longer merits any attention.” -- Linnipinni