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Joel's Reinforcement Library

NEVER TAKE ANOTHER PUFF!

"Everyone is Different?"

A common belief in many circles is that everyone is different. While this concept holds true in most walks of life, in many ways it does not hold true when examining drug addiction. Most addicts are the same in more ways than they are different. Their behaviors, beliefs, attitudes are all being controlled by a substance. The more established and ingrained the addiction becomes the more the person becomes a stereotype of an addict.

In the case of a cigarette smoker, once the person quits and gets nicotine out of his or her body then true individual variations will become apparent. But there still are similarities that are shared with other ex-smokers that still need to be understood. Once a person becomes an ex-smoker he or she is in control of his or her addiction, but he or she still has the addiction. The ex-smoker is no longer an active smoker but the person is not a "never smoker" either. The ex-smoker is still a recovering addict and must keep that knowledge alive.

In one important way ex-smokers are all the same though. They will all be able to stay smoke free for the rest of their lives if they **NEVER TAKE ANOTHER PUFF!**

Joel

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