

### 3 Effective Rules to Quit Smoking: Because Chewing Bubble Gums Isn't Enough

For some people stop smoking can be a real struggle. Whether they are deadly addicted to those coffin nails, so they cannot leave it. Or, it is just their brain that telling them so?

One of the major reasons why people cannot break such habit, especially bad habit, is because their brain believes (or want them to believe) that something pleasurable are impossible to be left. Even when you aren't happy with that.

You might get paranoid about your future without them and things. Your prejudice often mislead you to believe something that can actually be tolerated. So much tolerated.

Quit smoking is not an impossible decision. When you think you are ready to quit, just do it. And, take these following **rules for quitting smoking** for your success.

#### Consider Nicotine Replacement

Tobacco addiction is a 3-pronged addiction. it includes physical, emotional, and psychological addiction. Such reason that makes smokers often fail in completely leaving the habit.

Who to blame for these addictions, though? the answer is nicotine. That's why one **best way to quit smoking** is by taking nicotine replacement. You gradually decrease the amount of nicotine to your body, whether using nicotine patches, nicotine lozenges, or some other types of nicotine therapy.

It's true that you want to cut the nicotine consumption. But, try to decrease them gradually. As you stop your body from inhaling the smoke, you'll gradually get used to entirely leave nicotine as well.

#### Trigger Avoidance

One of the reasons **why quitting smoking can seem so hard** is because smokers always get reasons that trigger them to cheat on their commitment to smoke. All you can do is to avoid the trigger and try to distract yourself from doing it. Try to list down your common triggers and try to think the substitutes for each trigger so you'll be left doing something entirely different or in an opposite of the triggers.

#### Cold(est) Turkey

Cold Turkey is the **quit smoking method** that is proven quite effective to help smokers staying away from the butts. The method relies on their promise to not taking the cigarette no matter what drives them to do so.

This method involves support from the smokers' closest people. Their family and friends are their constant supports that remind them about their commitment. Besides, they can be an escape to their addiction. The talk, shared hobbies, and everything else, those people can help them cope with the drives and adaptation.