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Subject: Re: Anyone here smoke?

Posted by [Blazer](#) on Wed, 19 Oct 2005 23:41:38 GMT

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Kytten9 wrote on Wed, 19 October 2005 13:56 We have both been smoke free for 18 months now (and niether of us are even tempted to start again)

Be careful though. One of the insidious games that smoking plays with your mind is that smoking "calms you down" (actually it's that smoking wards off the nicotine withdrawal, which makes you feel jittery). What I'm getting at is that I have seen many people who quit smoking, start smoking again because something traumatic happened, and the desire to have a cigarette to "calm down" can be overwhelming.

My own father, who had not smoked a single cigarette for 20 years, when something bad happened one day, he stopped at the store, bought cigarettes and a lighter, and was smoking...AND DIDNT CONSCIOUSLY REALIZE IT.

Sadly, The best way to stop smoking is never to start at all.

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