



What happens when I become addicted to Nicotine?

The first step to breaking an addiction to nicotine is to understand how Nicotine works. **Nicotine is a DRUG!**

Nicotine addiction consists of three parts:

You have a physical addiction

This is the result of the body depending on nicotine to feel good. Smoking releases the brain's "feel good" messengers. The longer a person smokes, the less their body is able to release these messengers naturally.

Ask yourself: "Do I feel better once I smoke?"

You have a behavioral addiction

This is the body's response to the pleasure of smoking. It results from a need to do something with the hands.

Ask yourself: "Do I notice that I smoke when I am nervous or bored?"

Social addiction

This is a response to the things that make a person want to smoke. Triggers include finishing a meal and driving in the car.

Ask yourself: "Do I smoke when I am done with a specific activity?" Or "While I am doing a specific activity?"

You do not know what you can achieve until you try! You are not alone.

**Call the Tennessee Tobacco QuitLine at 1-800-QUIT-NOW
(1-800-784-8669) It's FREE!**