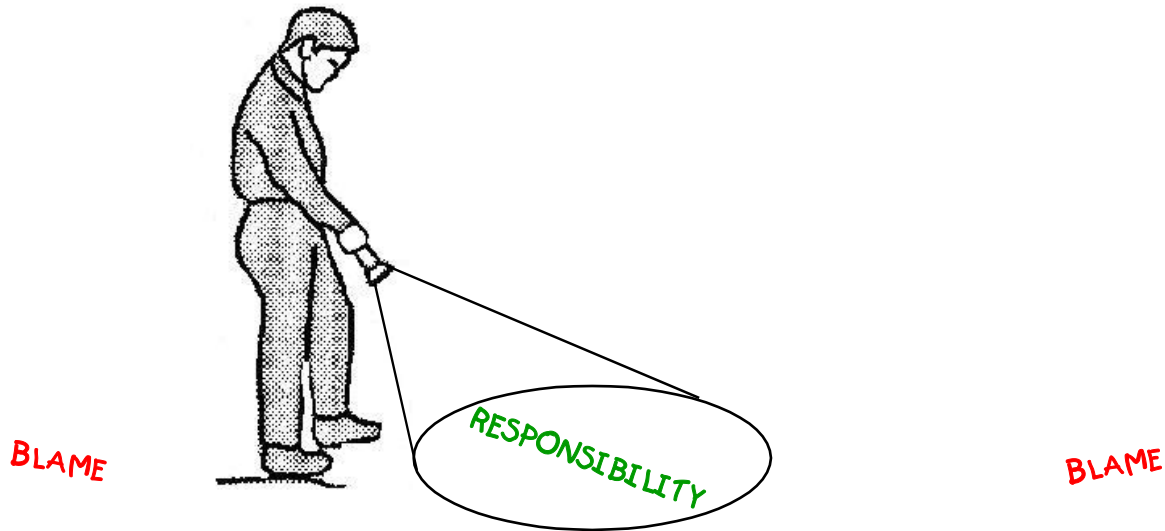


Nicotine Dependence Relief & Recovery:

One Complete but Simple Answer to Our Most Deadly & Costly Drug Dependence

Truthful suggestions promote affection and so enable taking responsibility.

Affection is the powerful emotion that fuels the taking responsibility (being safely free of nicotine) that lasts.



Taking responsibility involves more often paying attention to or focusing on what the nicotine-dependent person can more likely do something about, can control, and is an expression of affection.

Two truthful suggestions: "Keeping control by taking responsibility — focusing on what you can do now or soon — instead of blaming yourself or anyone or anything else."

"Imagining yourself walking a path giving attention to what's just ahead of you and taking manageable steps . . . making this simple enough by keeping from looking behind or too far ahead."

The **nicotine notions** that deny health risks and so block the healthy motivation that lasts don't allow taking responsibility by focusing smokers behind (the past) or too far ahead (the future) . . . on what's beyond their control.

Examples of untrue statements that represent or come from motivation-blocking nicotine notions:

- "It was important somehow that I liked to smoke or enjoyed doing it . . . that I thought smoking helped." (**PAST**)
- "But I just know I will get fat after I stop smoking." (**FUTURE**)
- "Stress or maybe boredom made me smoke." (**PAST**)
- "Smoking is such a strong habit that being around people who are smoking will make me want to do it." (**FUTURE**)
- "I used to smoke just some and should be able to do so again." (**PAST THEN FUTURE**)



Much of the simple and safe solution is to unblock healthy motivation or willpower by listening daily for at least three weeks to **recorded truthful suggestions** that sufficiently weaken nine nicotine notions ... in other words, move control to the more recently developed portion of the brain that helps avoid taking needless risks.