

Understanding Nicotine Addiction

The first step to breaking an addiction to nicotine is finding out what drives it. Nicotine addiction consists of three parts:

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.

Behavioral addiction

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

Environmental addiction

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

If you smoke, talk with your health care practitioner about ways to help you stop.