

UNDERSTANDING THE GRIEF PROCESS

Recovering from the psychological dependence on tobacco follows a grief cycle. Anytime we experience a major life change, it is normal to grieve the old in order to make way for the new. You may find yourself grieving the loss of your old “friend”—cigarettes. It can help you keep on track as a non-smoker if you understand that these feelings are a normal reaction to loss.

The following cycle is not always linear; your emotions may go back and forth. Although acceptance is the goal, do not judge yourself or try to force yourself to move through these stages. Be gentle with yourself without giving into any desire you might have to smoke.

