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## *Joel's Reinforcement Library*

**NEVER TAKE ANOTHER PUFF!**

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### *"Was I Addicted?"*

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**Are you a nicotine junkie? The one attribute that shows the addictive nature of nicotine is not how hard or how easy it is to quit, nor is it how hard or easy it is for an individual to stay off smoking. The one true property that shows the power of the addiction is that no matter how long a person is off, one puff and that quit can go out the window.**

**Don't ever try to prove to yourself that you were not addicted. You were addicted to nicotine all of the years you used it and you are addicted to it today too. But as an ex-smoker the addiction becomes asymptomatic. To keep it that way and to always stay in control remember to NEVER TAKE ANOTHER PUFF!**

**Joel**

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