



# DETAILED REPORT

---

Puffing Away  
Social Life

HEAVY SMOKER | SOCIAL



Disclaimer: The CHARS-I quiz and its results are for informational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. The scores provided are based on general data and do not account for individual health conditions or medical history. All information provided in the quiz and on the website is given voluntarily. By participating, you acknowledge that your responses are shared willingly for analysis. For any health-related concerns, we recommend consulting a qualified healthcare professional. CHARS-I is not responsible for decisions made based on the information provided.

# Contents

## Age Division

AGE: BELOW 30

[CLICK HERE](#)

## Indicators

- Social Life and Cigarette Consumption

AGE: 31 - 60

[CLICK HERE](#)

- Avoidance and Isolation

AGE: 61 ABOVE

[CLICK HERE](#)

- Perceptions and Messaging

**AGE: BELOW 30**

# Social Life and Cigarette Consumption

## Indicator 1

### WHAT IS THIS INDICATOR ?

Measures how smoking influences your social patterns, relationships, and environment, revealing the hidden ways it shapes your interactions, choices, and social flexibility.



Your longest relationship? That pack of cigarettes that's always there for you—until it runs out.

### YOUR ENVIRONMENT

- You unconsciously surround yourself with smokers because it feels easier and more comfortable.
- Being in smoke-friendly spaces reinforces your habit without you noticing.
- You are already isolating yourself from non-smokers, limiting your social circles to those who smoke.
- At college, work, or social events, stepping out for a cigarette makes you feel like part of the “in-group.”
- Conversations during smoke breaks feel exclusive and more personal.
- You are conditioning yourself to rely on smoking for social bonding, making it harder to connect without it.

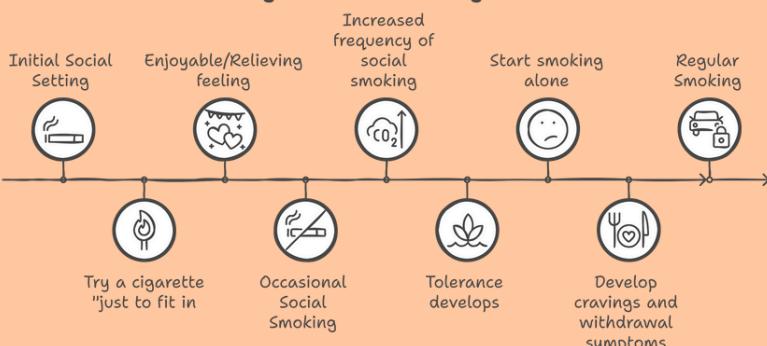


Yellow teeth, dark lips, and bad breath... ah yes, the signature look of a “heavy smoker.”

### SOCIAL LIFE IMPACT

- You might feel uneasy or less confident in social settings without a cigarette. Smoking feels like a safety net in social groups.
- You may struggle to feel comfortable in non-smoking environments, making cigarettes a crutch for social confidence.
- Cigarettes fill empty moments—when there’s nothing to do, you light up automatically.
- Non-smokers might struggle to relate to you, while smokers may unknowingly encourage your habit.
- If you have a lower education level, you are 3-4 times more likely to smoke.
- If you work a physically demanding or manual labor job, stress makes quitting harder.
- Financial stress might make you feel like smoking is a way to cope, but in reality, it’s draining your wallet while harming your health.
- 14.4% of young adults are exposed to secondhand smoke at home—if you’re one of them, quitting will be even tougher but even more important.

#### The Progression of Smoking Addiction



### UNCONSCIOUSLY DEPENDENT

- When everyone around you smokes, lighting up feels like the **default choice**.
- You start believing that **smoking is “normal”** because it’s what your group does.
- At parties, gatherings, or casual hangouts, **friends offering cigarettes become triggers**.
- Accepting a cigarette **feels like a way to bond** and be part of the group.
- You skip restaurants, events, and friends' homes where smoking isn't allowed.
- You are unknowingly cutting yourself off from meaningful connections and a wider social world.



Young smokers (18-24) are often influenced by flavored tobacco, peer pressure, and easy cigarette access. Older young smokers (25-30) smoke due to stress and demanding jobs.

### UNCONSCIOUSLY DEPENDENT

- You are 6 times more likely to develop agoraphobia than non-smokers.
- 10.3% of heavy smokers suffer from this, compared to just 1.8% of others.
- You may already feel afraid of crowded places, public transport, or situations where escape seems difficult.
- You are 5.5 times more likely to develop Generalized Anxiety Disorder (GAD)
- Constant worrying, overthinking daily issues, and being unable to relax might already be affecting you.
- You are 15 times more likely to develop panic disorder. 7.7% of heavy smokers suffer from it, compared to just 0.6% of others.
- Panic attacks can feel like a heart attack—shortness of breath, chest pain, dizziness, and a sense of impending doom.
- If you’re between 0–30 years old, you are in a crucial phase where **mental health issues** can have lifelong consequences.
- The anxiety symptoms you may already be experiencing are **not random**—they are scientifically linked to your heavy smoking.



# Avoidance and Isolation

## WHAT IS THIS INDICATOR ?

It highlights how smokers gradually disengage from social interactions, feel lonelier, and become more withdrawn compared to non-smokers.



Cigarettes are the only friends that stick around—until they burn out, just like your social life.

### FALSE BELIEFS



- You may feel like smoking with others creates a bond**, but it's just a shared addiction, not a real connection.
- Smoking can become a crutch**, giving you a sense of belonging without deeper relationships.
- You likely reach for a cigarette when **feeling awkward, anxious, or out of place**.
- Instead of overcoming social anxiety**, you use smoking as a distraction, preventing emotional growth.
- You may unconsciously decline events** because smoking isn't allowed.
- Even when attending**, you may feel restless, distracted, or constantly stepping out.
- Friends and family may feel frustrated** by your absences, creating emotional distance.
- You gravitate toward places** that accommodate smoking, limiting new experiences.
- You may prefer bars, clubs, or smoking zones**—not for the atmosphere, but because you can smoke freely.
- You might feel defensive** when someone suggests quitting, as if they're attacking you personally.
- The deeper smoking is tied to your routine, the harder it is to let go.



Yellow teeth, dark lips, and bad breath... ah yes, the signature look of a "heavy smoker."

## AVOIDANCE AND ISOLATION



- Studies indicate smokers have higher levels of loneliness**—the bond you feel while smoking is likely superficial.
- You are likely interacting less** with family and non-smoking friends over time.
- Research shows smokers have fewer social interactions—you may not notice, but **your world is slowly getting smaller**.
- Relationships suffer, networking opportunities decline, and a sense of community fades.
- As a smoker, you face:**
  - Being forced** to leave social events to smoke outside.
  - More people avoiding you** because they dislike the smell of smoke.
  - Non-smokers distancing themselves** from you due to health concerns.
- This only gets worse over time:** After just 4 years, smokers had even fewer social contacts and higher levels of loneliness.
- The cycle:**
  - You feel lonely**, so you smoke to cope.
  - Smoking pushes people away**, making you even more isolated.
  - You feel even lonelier**, so you smoke more.

Perceived Effect of Smoking	Actual Effect of Smoking
"Smoking helps me relax."	Nicotine temporarily calms you, but withdrawal symptoms soon increase stress and anxiety.
"I smoke to handle stress."	Smoking makes your brain more dependent on nicotine, making you feel even more stressed
"It helps me focus and stay alert."	Nicotine actually disrupts brain function, increasing mental fog and worsening anxiety over time.
"I feel more in control when I smoke."	Heavy smoking increases your risk of anxiety disorders, panic attacks, and loss of control over emotions.
"It keeps me from feeling overwhelmed."	In reality, smoking traps you in a stress cycle where each cigarette makes anxiety worse, not better.



You smoke to relieve stress, but in reality, each cigarette only delays withdrawal symptoms—it does not actually reduce stress.

## OTHER EFFECTS



- Your risk of developing depression** is significantly higher than non-smokers.
- Smokers with depression are **twice as likely** to smoke compared to those without depression.
- Nicotine tricks your brain by **temporarily increasing dopamine** (the "feel-good" chemical), but over time, your brain produces less dopamine naturally, making you feel worse without cigarettes.
- This leads to a dependence on **smoking just to feel normal**, making you more emotionally drained, unmotivated, and moody when you go without it.
- Heavy smokers experience **stronger withdrawal symptoms** (mood swings, irritability, and fatigue).
- People with schizophrenia** are three times more likely to smoke, and they tend to be heavy smokers.
- Smoking might not just be a coping mechanism—it could actually **increase the chances of developing schizophrenia in the first place**.



Our body produces Dopamine when having pleasure activities

Drugs short-circuit this natural cycle by making the brain release dopamine

The brain shuts down some dopamine-receptors. The person needs more drugs to get the same effect

# Perceptions and Messaging

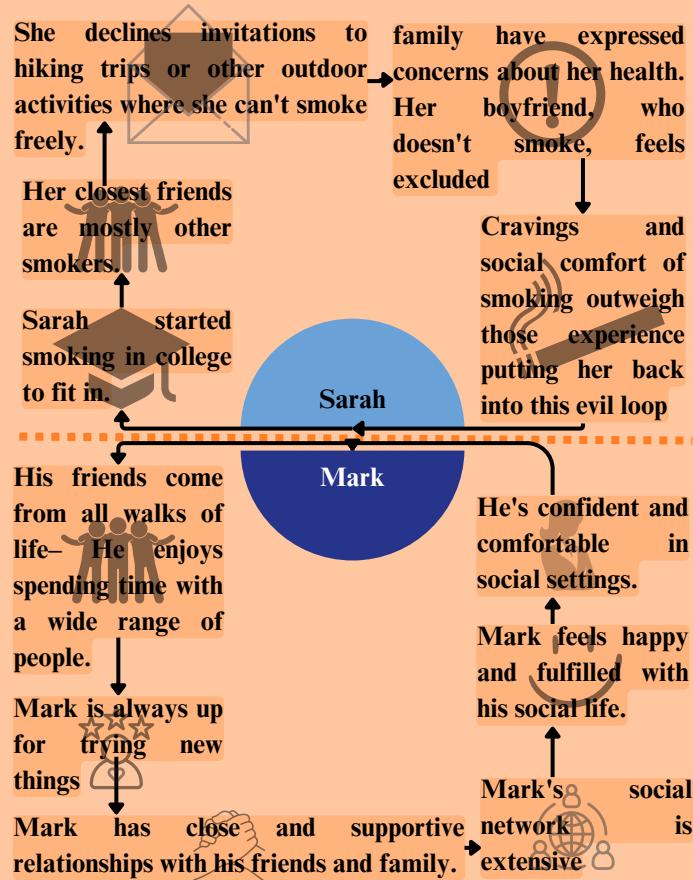
## WHAT IS THIS INDICATOR ?

Smoking feels like your choice, but tobacco marketing has shaped your beliefs, making addiction seem like independence.

 Your lungs aren't the only ones ghosting you—your date just left because you "needed a smoke break."

## WRONG PERCEPTIONS

- The "relaxation" you feel is just temporary withdrawal relief—your stress isn't going down, it's just resetting to normal.
- If cigarettes truly reduced stress, your anxiety would have improved, but instead, you're stuck in a cycle where relief only comes from lighting another cigarette.
- Smoking dictates where you go, who you talk to, and how you interact.
- You stick with smokers not necessarily because you like them, but because they validate your habit.
- You intentionally ignore anti-smoking messages—scroll past ads, skip warnings, and dismiss health risks.
- The more you ignore the warnings, the easier it gets to justify your smoking.



## Smokers v/s Non-Smokers

### Reality Check

Smoker	Non Smoker
Your social life revolves around smoke breaks, and friendships often form around the habit.	Your friendships are built on shared interests, hobbies, and deeper emotional bonds.
You avoid places where smoking isn't allowed, missing out on social and career opportunities.	You participate in any environment freely, gaining more experiences.
Non-smoking spaces make you anxious, and you often step out for a cigarette, missing key moments.	You enjoy a variety of social settings, from networking events to concerts and family gatherings.
You spend a significant amount on cigarettes—money that could be used for travel, hobbies, or savings.	You save money and invest in meaningful experiences.
You think smoking helps you relax, but in reality, nicotine withdrawal makes you more anxious. Your day starts with tension because your body craves nicotine.	You wake up without cravings or withdrawal symptoms. Your body naturally manages stress without needing a substance.
Smoking becomes your go-to stress reliever, preventing you from developing healthier coping strategies.	You stay fully engaged in work and social settings, enhancing career growth. You develop natural coping skills without relying on substances.

**31 - 60**

# Social Life and Cigarette Consumption

## Indicator 1

### WHAT IS THIS INDICATOR ?

Measures how smoking influences your social patterns, relationships, and environment, revealing the hidden ways it shapes your interactions, choices, and social flexibility.

 You know you're a heavy smoker when your friends plan dinner based on which restaurants have the best smoking area—not the best food!

### YOUR ENVIRONMENT

- You are naturally drawn to other smokers—at work, social gatherings, or even at home—reinforcing your habit without you realizing it.
- You step out for a smoke to bond with colleagues, friends, or family, making cigarettes a necessary part of your conversations.
- Your smoking feels less like a choice and more like an expectation because everyone around you does it.
- Whether it's a colleague offering a cigarette during a late-night shift or a relative encouraging you to join them for a smoke after dinner, these small interactions subtly strengthen your smoking habit
- You might feel a social obligation to accept a cigarette, reinforcing the behavior without even realizing it.
- Your brain now expects cigarettes in social settings, making non-smoking events feel incomplete or even uncomfortable.
- You are missing out on experiences, declining invitations, and limiting your world just to accommodate your smoking habit.
- You may feel uneasy or disconnected in non-smoking spaces, withdrawing from conversations or leaving early.

 I don't take smoking breaks at work; I take work breaks during my smoking sessions!

### SOCIAL LIFE IMPACT

- Being in non-smoking settings might make you realize your dependence, leading to discomfort or social withdrawal.
- You might light up without thinking just because smoking is the norm around you.
- This automatic behavior deepens your addiction, making it harder to quit.
- You might rely on cigarettes to feel more comfortable or confident in social situations.
- If you live with a smoker, you are significantly more likely to continue smoking heavily and fail to quit even if you try.
- Even if you quit, your risk of relapsing is high if someone in your home still smokes.
- Research on over 20,000 women found that those with weaker social ties were more likely to continue smoking heavily and less likely to quit.



### UNCONSCIOUSLY DEPENDENT

- You may not even realize it, but smoking has become your go-to activity in social situations—whether during coffee breaks, long conversations, or just passing time.
- Your smoking habit influences who you spend time with—non-smokers may gradually drift away.
- Unlike younger smokers, you don't smoke out of peer pressure—your triggers come from routine, stress, and habit.
- Your work environment—especially if it involves long hours, stress, or physical labor.
- Limited breaks make smoking the only way to relax for a few minutes.
- Financial stress makes quitting seem unimportant—but the money spent on cigarettes over decades could have gone toward improving your lifestyle, health, or retirement.
- If you smoke indoors or around family members, they are exposed to these dangers daily.
- Non-smoking family members may disapprove, creating tension and guilt.
- Over time, smoking can isolate you from loved ones who want you to be healthier.
- If you drink alcohol regularly, quitting smoking will be even harder. Smoking and alcohol reinforce each other, making it much easier to relapse.
- Fatigue, breathlessness, and persistent coughing are likely things you deal with daily—but you may have normalized them.



The Power of Support in Quitting Smoking



# Avoidance and Isolation

## WHAT IS THIS INDICATOR ?

It highlights how smokers gradually disengage from social interactions, feel lonelier, and become more withdrawn compared to non-smokers.

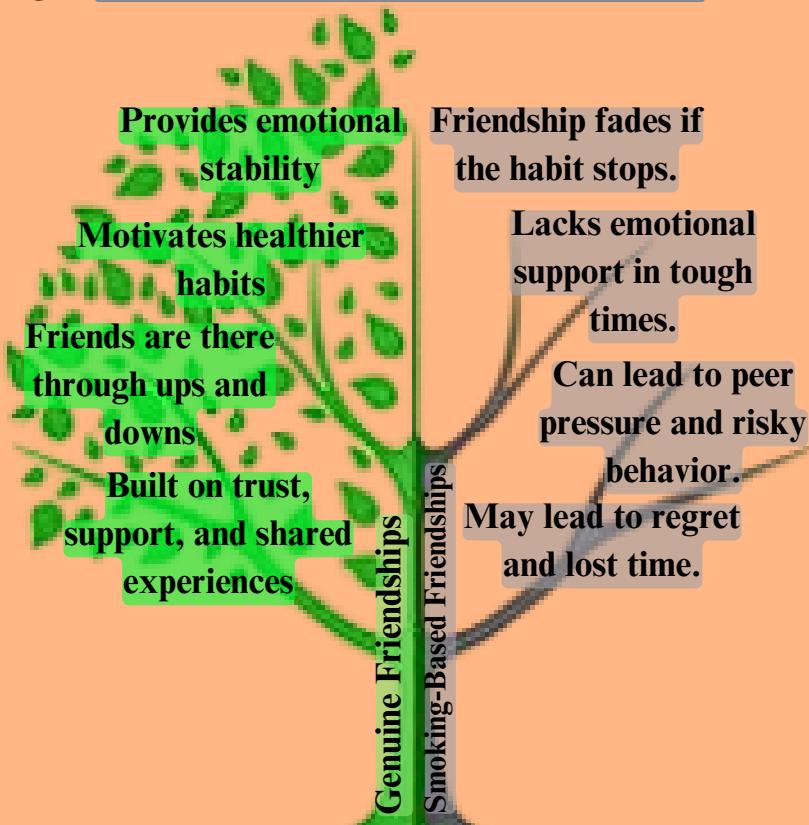
>< Smokers have the strongest friendships. We don't ask, 'How are you?'—we just say, 'Got a lighter?' and the bond is instant!

## FALSE BELIEFS



- After years of smoking, you might mistake lighting up for genuine companionship.
- Smoking acts as a social crutch, making it seem like you're part of a group—without truly engaging.
- The people you smoke with may not be true friends but just fellow smokers tied together by routine.
- Stepping outside for a smoke gives you an easy escape from difficult social situations.
- Instead of building confidence to handle discomfort, smoking reinforces avoidance.
- Friends and family might stop inviting you to gatherings, assuming you'll leave early to smoke.
- Your loved ones may feel frustrated by your absences, leading to misunderstandings and emotional distance.
- Friends and family may have distanced themselves due to the smell or the health risks of secondhand smoke.
- The more you prioritize smoking, the more your social opportunities shrink.
- Non-smoking friends fade away, and reconnecting with them becomes harder.
- Cigarettes become your main coping mechanism, reinforcing loneliness.
- Left unchecked, smoking controls not just your health but your entire lifestyle.

>< My doctor said I should quit smoking for my health. My wife said I should quit for our relationship. My cigarette said, 'You do you, buddy.'



## OTHER EFFECTS

- You step out for smoke breaks, missing key moments, conversations, and opportunities.
- Younger family members may avoid you due to discomfort or disapproval.
- Smokers who are socially isolated are twice as likely to continue smoking, and those severely isolated are five times as likely to smoke compared to socially active individuals.
- If you live alone, you are at an even higher risk. Without family or roommates, there is no one to discourage your smoking or remind you of its dangers.
- You are missing out on important conversations. Smoking breaks interrupt your work meetings, family gatherings, and social events, leaving you disconnected.
- Smoking bans make socializing harder. Workplaces, restaurants, and even homes are becoming smoke-free, forcing you to step away or feel excluded.
- Your risk of depression and anxiety is skyrocketing. Studies confirm that smokers with social isolation are more likely to struggle with mental health.
- Your brain is aging faster. Social isolation accelerates cognitive decline and increases the risk of memory loss and dementia.



>< Most people leave a party when it's over. I leave when my cigarette pack is empty.



# Perceptions and Messaging

## WHAT IS THIS INDICATOR ?

Smoking feels like your choice, but tobacco marketing has shaped your beliefs, making addiction seem like independence.

>  I measure my work hours in cigarettes. Four smokes till lunch, six smokes till home time!

## WRONG PERCEPTIONS

- Your conversations often revolve around smoking habits, brands, and when to take the next break.
- Over the years, your world has started to shrink:
  - You avoid non-smoking events like weddings, family dinners, and long meetings.
- You hesitate to travel because flights, train rides, and hotels restrict smoking.
- Frequent smoke breaks reduce productivity and make you less reliable.
- Colleagues and bosses notice your absence and dependence on breaks.
- Leadership roles may be out of reach because smoking affects your focus, availability, and energy.
- Your children, partner, or relatives may have subtly distanced themselves.

## MISSED OPPORTUNITIES

- You may have sacrificed:
  - Vacations you skipped because of smoking restrictions.
  - Experiences you missed due to health concerns.
  - Personal growth opportunities that went unpursued.
- You no longer choose places based on enjoyment but on where you can smoke.
- You feel uneasy in non-smoking spaces, preferring the company of other smokers who validate your habit.
- Research from the Women's Health Initiative (WHI) Observational Study (37,000+ postmenopausal women) confirms that your likelihood of continuing, increasing, or quitting smoking depends on your environment.
- Easy access to cigarettes and seeing others smoke regularly increases your consumption—often without you even realizing it.
- This is why many middle-aged smokers quit temporarily, only to pick up the habit again.
- If your environment doesn't change, neither will your smoking behavior.

## Smokers v/s Non-Smokers

### Reality Check

Smoker	Non Smoker
You may still associate smoking with status or rebellion, but society doesn't.	You're viewed as healthier, more responsible, and more attractive.
You plan your day around cigarette breaks and smoking zones. You check if smoking is allowed before attending events.	Your day isn't dictated by nicotine cravings or withdrawal effects. You have higher energy levels and fewer health complications.
Younger family members and non-smoking loved ones may avoid prolonged interactions with you.	You fully enjoy uninterrupted quality time with loved ones.
You feel pressured to smoke in social settings where others smoke. Smoking feels like the easiest way to bond over stress or work breaks.	You are unaffected by peer pressure or smoking triggers. You build relationships based on shared interests, not shared habits.
You step away from key moments just to smoke. You automatically reach for a cigarette in social settings, even when unnecessary.	You are fully present in conversations and experiences. You don't need to leave events or step outside for breaks.
You associate smoking with relaxation, even though it worsens long-term anxiety. When trying to quit, you struggle with social interactions.	You feel comfortable in all social settings without relying on a habit. Your emotional resilience is stronger without nicotine dependency.

61+

# Social Life and Cigarette Consumption

## Indicator 1

### WHAT IS THIS INDICATOR ?

Measures how smoking influences your social patterns, relationships, and environment, revealing the hidden ways it shapes your interactions, choices, and social flexibility.

 My wife asked me to choose between her and smoking... Now I text her from the smoking zone asking how her day's going.

### YOUR ENVIRONMENT

- You have unconsciously surrounded yourself with fellow smokers over the years.
- The places you visit—homes, cafes, or outdoor spots—are chosen based on smoking convenience.
- Conversations often happen over a cigarette, making smoking feel like a necessary social tool.
- Smoking is deeply embedded in your social life—changing this habit can feel like losing a part of yourself.
- After meals, during conversations, or while reminiscing, lighting up feels natural.
- Even when no one forces you, the habit feels necessary to fully enjoy the moment.
- Without a cigarette, you may struggle to relax or feel fully engaged in social settings.
- Holding a cigarette makes social interactions feel easier, giving you something to do.
- Without it, you may feel awkward, anxious, or out of place in conversations.
- Your social moments are often reduced to routine smoking sessions, preventing deeper, more meaningful connections.

 They say opposites attract. I smoke, my partner doesn't... so we spend half our dates in separate areas of the restaurant!

### SOCIAL LIFE IMPACT

- As family and friends become more health-conscious, they might avoid prolonged exposure to your smoking.
- You may struggle with breathing issues, reduced stamina, and chronic illnesses, making social outings physically difficult.
- Social stigma around smoking can make you feel self-conscious, discouraging participation in public events.
- As you age, friends may quit smoking or distance themselves from your habit, leading to fewer social connections.
- Smoking is linked to higher levels of depression and anxiety, which may further push you into isolation.



### UNCONSCIOUSLY DEPENDENT

- If you have spent decades around other smokers, quitting can feel unnecessary, making change even harder.
- Your spouse, children, and grandchildren are exposed to harmful toxins every time you smoke near them.
- The relief you feel after a cigarette is short-lived—your body quickly craves the next fix, increasing stress in the long run.
- The restlessness you experience between cigarettes is caused by withdrawal, not genuine stress relief.
- Smoking has long been a way to connect with colleagues and friends, but as fewer people your age smoke, social circles are shifting.
- Seeing others smoke or smelling tobacco can trigger cravings, even if you weren't thinking about smoking.
- Long-standing rituals like smoking with tea or after a meal make quitting feel unnatural.
- Even at this age, peer pressure exists—if your friends smoke, quitting feels unnecessary.
- You might skip family dinners, avoid non-smoking friends, or refuse to attend events that require long hours without cigarettes.
- Over time, this leads to social isolation and limits opportunities for a healthier, more active lifestyle..
- The absence of smoking can make social situations feel incomplete or uncomfortable.
- Smoking-related health issues (chronic cough, difficulty breathing) limit your ability to participate in family activities.
- Over time, smoking creates emotional and physical distance from loved ones.
- If you live with another smoker, quitting becomes much harder—constant exposure reinforces your habit.
- Even if you don't intend to smoke, seeing or smelling cigarettes makes it almost impossible to resist.
- Studies confirm that older adults in smoker-dominated environments struggle to quit more than those in smoke-free homes.
- Previous quit attempts? A smoking environment increases your risk of relapse—morning tea, the smell of smoke, or social smoking triggers you back into the habit.

# Avoidance and Isolation

## WHAT IS THIS INDICATOR ?

It highlights how smokers gradually disengage from social interactions, feel lonelier, and become more withdrawn compared to non-smokers.

 They say retirement is about enjoying life. So I sit, light a cigarette, and let life enjoy me!

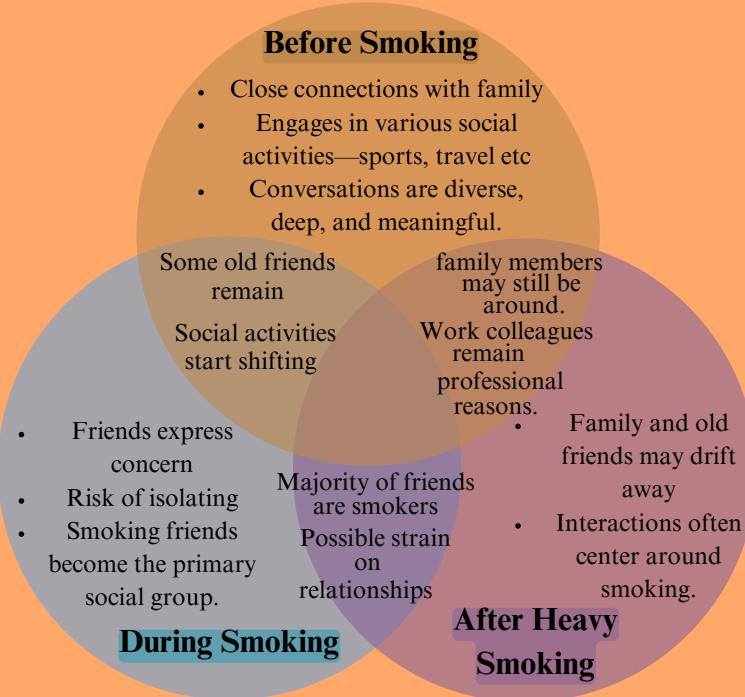
## FALSE BELIEFS



- Studies show that older smokers experience **higher levels of loneliness than non-smokers**.
- Social disengagement coefficient for smokers: 0.111 (95% CI 0.025 – 0.196) → **meaning smokers feel increasingly isolated over time**.
- Your family may visit less frequently**, old friends may drift away, and social invitations may become rare.
- What once felt like a shared experience is now **pushing you further from the people who matter most**.
- Long-Term Impact:**
  - The fewer events you attend**, the fewer invites you'll receive.
  - The more isolated you become**, the harder it is to rebuild connections.
- Higher chances of being left out – **Family may hesitate to include you due to smoking concerns**.
- Your grandchildren are likely growing up in smoke-free homes**, making family visits shorter and less frequent.
- Unlike younger people who frequently meet new friends, you rely on long-standing relationships—**relationships that smoking is damaging**.
- In the U.S., **9% of adults aged 65+ still smoke**, and this rate hasn't changed in 15 years—meaning many smokers continue their habit without realizing the social consequences.
- Once you cross 65, isolation worsens—**severely isolated smokers are five times more likely to continue smoking**.



My wife asked me when I'll quit smoking. I said, 'When I stop making friends in the smoking area... so never!'



## SOCIAL RESTRICTIONS

Smokers are likely to face restrictions at work due to smoke-free policies in offices.



Financial constraints may push professionals to quit.

**Smoking breaks can lead to:**

- Lower productivity
- Missed opportunities at work

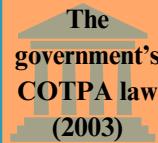
This means

- a smoker's family bears long-term consequences, including
- financial stress and emotional distress.



India has 4 current smokers for every quitter

## SOCIAL STIGMA



Changing social perceptions.

Reports suggest that while young women are **targeted by tobacco marketing**

No attention towards the older generations

5% of old men in India are ex-smokers indicating low quit rates!

In countries like the U.S., the ratio of current to former smokers is 1:1

Making smoking cessation less socially normalized.



At family gatherings, everyone gets stressed. I just step outside, light a cigarette, and let them figure things out.

## OTHER EFFECTS

- Lack of social interaction **speeds up memory loss** and brain function decline.
- The strong smell, secondhand smoke, and health concerns cause family, friends, and even caregivers to limit time with you. **Ever noticed someone stepping away or ending a conversation early? Smoking could be the reason.**
- With no one to remind you about your health, **smoking continues unchecked**, deepening your isolation and worsening its effects.
- About 17.1% of older adults** in the U.S. experience social isolation—you might already be one of them.
- If you have limited in-person social interactions, **your likelihood of continuing to smoke doubles**.
- If you are severely isolated—with little to no social contact—your chances of **continuing smoking are five times higher than someone with strong social ties**.
- Smoking becomes a **coping mechanism** for loneliness and emotional distress, keeping you trapped in the cycle.
- Loneliness is as harmful as smoking 15 cigarettes a day**—your smoking habit and isolation together magnify health risks.

# Perceptions and Messaging

## WHAT IS THIS INDICATOR ?

Smoking feels like your choice, but tobacco marketing has shaped your beliefs, making addiction seem like independence.

 I tried to quit smoking once... but then my lighter gave me a disappointed look

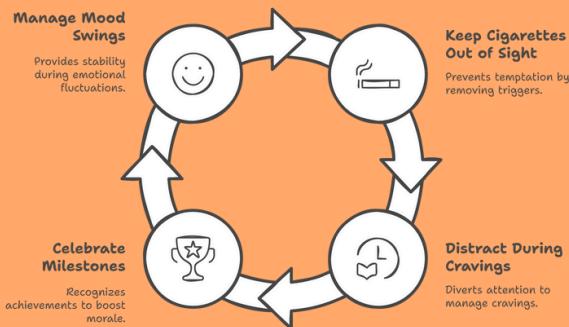
## WRONG PERCEPTIONS

- **Ask yourself these questions:**
- If smoking were removed from your interactions, would these relationships still hold value?
- You may believe smoking strengthens your relationships, but ask yourself: Are you bonding with people, or just bonding over cigarettes?
- **Your daily routine may revolve around finding a space** where you can smoke rather than meeting people for meaningful conversations.
- **You may subconsciously avoid** socializing with non-smokers, further narrowing your circle.
- Years ago, smoking might have been seen as stylish or rebellious, **but today, it carries a social stigma.**

## MISSED OPPORTUNITIES

- Smoking-related health risks shorten life expectancy, meaning **your social group may be decreasing** as fellow smokers suffer from illnesses or pass away.
- The **easy availability of cigarettes around you** makes cutting back feel impossible.
- **If your partner smokes**, they can either help or hinder your quitting process.
- A **supportive partner can quit** with you or at least avoid smoking around you.
- An unsupportive partner who smokes **may pressure you to continue, making quitting more difficult.**

Cycle of Support in Smoking Cessation



## Smokers v/s Non-Smokers

### Reality Check

Smoker	Non Smoker
Your social interactions may revolve around smoking breaks rather than meaningful conversations.	You engage in social activities freely—dining out, exercising, or enjoying hobbies—without needing to step away for a cigarette.
Over the years, you may have trained yourself to ignore the harmful effects of smoking, justifying it as a “need” or a part of your identity. This makes quitting feel impossible.	You never had to battle this mental struggle. Your health decisions are clear-headed, free from the influence of nicotine addiction.
Your routine is shaped by cigarettes—when to take a break, how many you have left, and where you can smoke. Over time, this control grows stronger, making you feel trapped.	You live with freedom. Your day isn’t dictated by cravings or withdrawal. You make choices based on health and well-being, not addiction.
Over time, family, friends, and even neighbors may distance themselves to avoid secondhand smoke. Social events become difficult, and visits from grandchildren may decrease.	You maintain strong, diverse relationships. You are welcome at family gatherings, community events, and social outings without restrictions.
Your daily surroundings are shaped by smoking—choosing smoker-friendly spaces, avoiding smoke-free zones, and reinforcing the habit through social settings.	You have the flexibility to engage in a wide range of environments, from family gatherings to public events, without restrictions.