



DETAILED REPORT

Puffing Away
Social Life

INTERMITTENT SMOKER | SOCIAL



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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

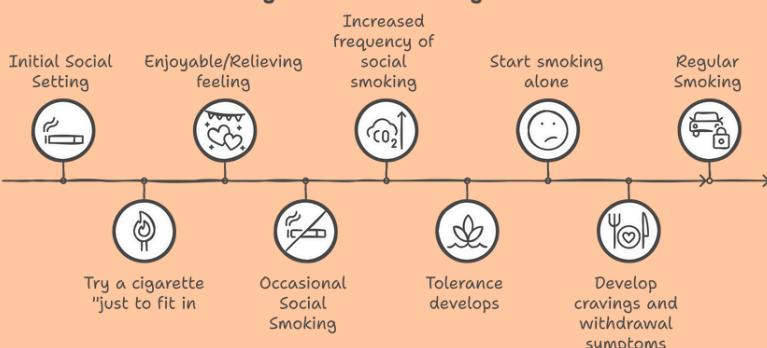
- You don't plan to smoke—it just happens when you're with friends, colleagues, or at parties.
- Your surroundings make smoking feel normal, turning it into a shared activity rather than just a personal choice.
- Over time, your brain links social interactions with smoking, making it harder to separate the two.
- Whether at work or a party, smoke breaks create moments of deeper conversations and connections.
- When in a non-smoking group, you might feel out of place, reinforcing your dependence on smoking for social inclusion.
- You don't actively seek out smokers, but you end up in smoking-friendly environments more often.
- Bars and nightclubs are the biggest hotspots for social smoking.

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

SOCIAL LIFE IMPACT

- Without realizing it, you may start feeling more at ease around smokers and disconnected from non-smokers. This can shape your social circle over time
- You might not realize how often you say "yes" until it becomes an automatic response.
- The more you rely on smoking to feel comfortable, the more difficult it becomes to navigate social settings without it.
- Smoking is often about connection, not just the cigarette. It becomes a shared moment at work, parties, or casual hangouts.
- You don't have to be told to smoke—it just happens. If your group smokes, you'll likely follow along, even unintentionally.
- An occasional cigarette at a party feels harmless—but it adds up
- You may smoke to ease stress or social anxiety. Whether nervous or just fidgety, a cigarette can feel like a quick fix.
- Without realizing it, you rely on smoking to feel comfortable.
- When bored, you instinctively reach for a cigarette.

The Progression of Smoking Addiction



UNCONSCIOUSLY DEPENDENT

- You justify it by saying, "I only smoke in social settings," but your environment is shaping your behavior more than you realize.
- A friend offering a cigarette or simply being around smokers makes it effortless to say yes.
- Each time you give in to these triggers, smoking becomes more ingrained in your routine.
- When conversations slow down or social situations get awkward, smoking feels like an easy escape.
- It gives you something to do with your hands and an excuse to step away from uncomfortable interactions.



 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

- Over time, this routine becomes an expectation—you rely on it not just for the cigarette but for the social experience.
- Certain social cues—drinks, a group of smokers, or pauses in conversation—trigger your smoking urges.
- This forms a habit loop—smoking becomes an automatic response rather than a conscious choice.
- Some partners may not mind, but others may see it as a dealbreaker, especially if they value health and wellness.
- Smoking might help you network in certain industries, but in health-conscious or corporate environments, it could harm first impressions.
- Studies show:
 - 70% of smokers mainly smoke in social settings like parties.
 - 51% prefer smoking with others rather than alone.
 - 56% identify as social smokers, meaning their smoking is tied to social situations rather than addiction.
 - 40% of young adult smokers (18–25) primarily smoke with others.
 - 54% identify as social smokers even if they sometimes smoke alone.



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



- **Most smoke-break interactions** are surface-level and fade once the cigarette is gone.
- **Friendships built around smoking** rarely extend beyond those moments, making them less meaningful and lasting.
- Non-smoking friends **might not openly criticize you**, but they may invite you out less, to smoke-free places.
- Your go-to hangout spots become repetitive, keeping you from exploring new places and meeting new people.
- Do you find yourself saying, "*It's just social*" or "*I only smoke occasionally*" as a way to justify it?
- Your friendship circle may **shrink to mostly smokers**, limiting your social and professional growth.
- If you smoke to relieve stress or feel more comfortable socially, **you are already stuck in a psychological loop**.
- Nicotine gives **temporary relief**, but your feelings of loneliness or stress return once it wears off.
- Even if you only smoke occasionally, **your brain is forming a habit**—connecting smoking to emotional relief.
- Research shows that intermittent smokers **can still develop long-term dependencies**.
- Right now, you are at a stage where **your choices will decide if smoking stays temporary** or becomes a lifelong struggle.



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

AVOIDANCE AND ISOLATION



- Nicotine gives a **quick dopamine hit**, but once it fades, irritability and restlessness set in.
- The belief that **quitting smoking** means losing social connections makes it even harder to stop.
- Your ability to function comfortably without cigarettes is a strong indicator of dependence, even if you don't smoke every day.
- You may feel a sense of comfort in specific smoking spots—like balconies at parties, designated smoking areas, or workplace corners.
- These spaces reinforce smoking as a **routine rather than just an occasional choice**.
- Even if you don't smoke daily, your smoking behavior still follows a pattern.
 - On average, intermittent smokers light up **4.4 days** per week, smoking about 4.4 cigarettes per day.
 - Over time, this adds up—many intermittent smokers have already consumed **over 40,000 cigarettes in their lifetime**.
- Your current choices determine whether smoking stays temporary or turns into a lifelong struggle.
- You may not feel cravings all the time, but when you do, they hit just as hard as for daily smokers.

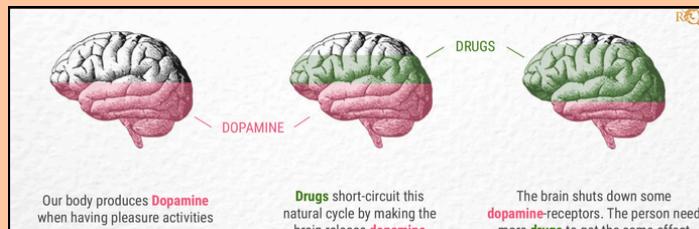
Perceived Effect of Smoking	Actual Effect of Smoking
"Smoking helps me relax."	Nicotine temporarily calms you, but withdrawal symptoms soon increase stress and anxiety.
"I smoke to handle stress."	Smoking makes your brain more dependent on nicotine, making you feel even more stressed
"It helps me focus 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

- Unlike daily smokers, **you smoke based on where you are** and who you're with, not because of physical addiction.
- You may think you're just a social smoker, but that's not always true.
 - Only 1 in 8 intermittent smokers (ITS) are truly "social smokers"—those who smoke **50% more often around others than alone**.
 - If you mostly smoke in social settings, it could be **more about peer influence than personal choice**.
 - Social smoking isn't just a phase—many "social smokers" have been **smoking for 15+ years and are around 32 years old**.
- ITS have lower craving levels overall, but when they smoke, **their urges are intense**.
- If you smoke more in the morning rather than at night, it may indicate an unconscious reliance on smoking rather than just social influence.



Perceptions and Messaging

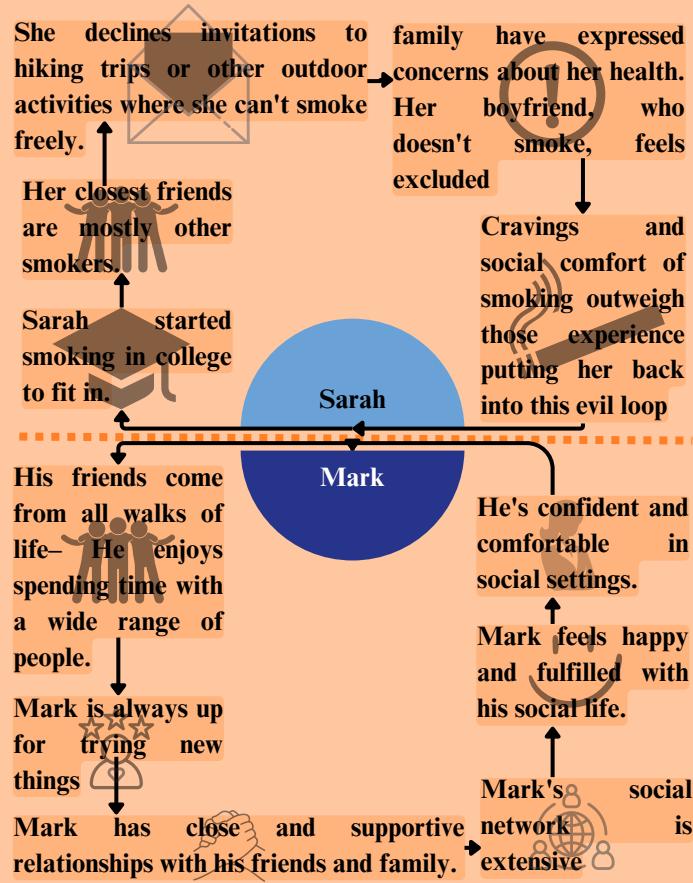
WHAT IS THIS INDICATOR ?

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 “relief” you experience is just your brain returning to normal after nicotine-induced anxiety.
- Fewer healthcare options, financial constraints, or lack of support can make quitting feel even more overwhelming.
- If you’ve ever scrolled past an anti-smoking ad or ignored cigarette pack warnings, your brain is filtering out uncomfortable truths.
- The tobacco industry has manipulated messaging to downplay long-term risks and keep you hooked.
- You might have started smoking because it seemed rebellious or confident, but the perception of smoking has changed.
- 59% of young adult smokers fear losing their primary way of handling stress when quitting.
- Lower Socio-Economic Status individuals are more likely to smoke and face greater quitting challenges.



Smokers v/s Non-Smokers

Reality Check

Smoker	Non Smoker
You unconsciously adjust your plans around smoking—seeking smoke-friendly spots, taking breaks, and losing out on spontaneous fun.	You move freely, make spontaneous plans, and never worry about smoking policies or cravings. No stepping away from conversations or leaving places early.
People may associate smoking with bad breath, lingering odor, or poor health choices. It can subtly affect first impressions, job networking, and even dating.	No one judges you based on smoking. You enter any space—social or professional—without assumptions about your habits.
You might end up socializing only with fellow smokers, unintentionally isolating yourself from others.	Your friendships stay diverse, unfiltered by smoking habits. You’re free to mix with all kinds of people.
The small costs add up over time—both financially and health-wise.	No unnecessary spending on cigarettes, lighters, or future health bills.
Even if you don’t smoke daily, quitting is harder than it seems due to deep-seated psychological ties.	You never have to struggle with quitting, withdrawal, or breaking a habit.
You’re more likely to light up when others do, even if you don’t want to.	You make your own choices and aren’t easily influenced by peer pressure.

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 intermittent smoker when your friends plan dinner based on which restaurants have the best smoking area—not the best food!

YOUR ENVIRONMENT

- **Your choices are subtly dictated by smoking.** You might prefer places where smoking is allowed, limiting your social experiences without even noticing. Over time, this affects your deeper relationships and comfort in different environments.
- “**I can quit anytime**” or “**it’s just a habit**” is a major psychological barrier preventing you from seeing the bigger picture.
- **Smoking is now seen as an outdated habit.** Friends, colleagues, and potential romantic partners might subconsciously view it as a negative trait, making you seem less approachable or creating unnoticed social gaps.
- **You may unconsciously choose restaurants, cafés, or events that allow smoking.** You might structure your schedule around smoke breaks or feel uneasy in non-smoking environments.
- **The process of lighting up, inhaling, and pausing feels like a moment of relief.** However, this relief doesn’t come from the cigarette itself—it comes from the break it forces you to take.



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

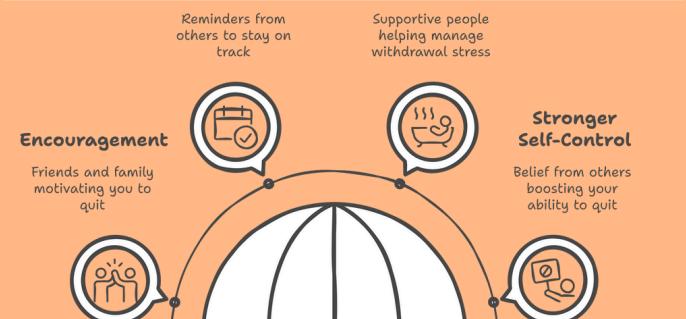
SOCIAL LIFE IMPACT

- **You likely smoke more in social settings**—work breaks, weekend outings, or gatherings with friends.
- **Smoking feels like a bonding activity**, a way to relieve tension, or enhance experiences.
- The "just one cigarette" mindset keeps smoking in your routine, increasing dependence.
- **Alcohol can worsen your habit**—lowering inhibitions and making you smoke more in social settings.
- Your body loses its natural ability to **regulate emotions, making you more dependent on smoking**.
- The more you use cigarettes for relaxation, the harder it becomes to manage stress without them.
- If your loved ones disapprove of smoking, it may create guilt, friction, or strain in relationships.
- If your social circle includes smokers, **you are more likely to join in**, keeping cigarettes as part of your lifestyle.



UNCONSCIOUSLY DEPENDENT

- Even occasional smoking at home or in enclosed spaces exposes your family—especially children and elderly parents—to serious health risks.
- Colleagues may view your habit differently, potentially affecting personal relationships and professional opportunities.
- Being in non-smoking settings can make you more aware of your habit, sometimes subtly pressuring you to smoke less or avoid it altogether.
- Your smoking is often influenced by external factors rather than a deep physical dependence, making it easier to modify if you recognize these triggers.
- At work, you might take smoke breaks simply to be part of conversations, increasing your cigarette intake without realizing it.
- You may reach for a cigarette when dealing with work pressure, personal conflicts, or major life changes.
- In certain situations—standing outside a café, waiting for a friend, or at a party—you may smoke out of habit rather than need.
- If you are married, you are less likely to smoke (13.1% prevalence) compared to single (16.6%) or divorced/separated/widowed individuals (20.0%). Marriage provides support and stability, which helps reduce smoking habits.
- If you are cohabiting (living with a partner but not married), you have a higher likelihood of smoking than married individuals. This is linked to psychological distress, financial insecurity, and relationship conflicts,
- If you are divorced or separated, you are more likely to smoke due to psychological distress from relationship breakdowns.
- If you are widowed, you are less likely to smoke than divorced/separated individuals. Despite emotional challenges, widowhood does not increase smoking rates



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



- You may still have non-smoking friends, but your time with them decreases because you unconsciously prefer spaces that accommodate smoking.
- Over time, this creates a subtle barrier, isolating you from broader social opportunities and reinforcing your smoking habit.
- The sight or smell of cigarettes triggers cravings, making it harder to resist smoking in social settings.
- You use smoking as an escape during intense conversations or stressful moments.
- In socially uncomfortable situations, you instinctively reach for a cigarette to feel at ease.
- Non-smokers may stop inviting you to events due to concerns about your smoking habits.
- At your age (30-60), maintaining social connections is crucial —losing them is much harder to reverse.
- Small disengagements from non-smoking settings make it increasingly difficult to sustain friendships, family ties, and professional relationships.
- You may think smoking helps you relax, but it actually reinforces anxiety and loneliness.
- The smell of cigarettes, frequent breaks, and health concerns create a divide between you and non-smokers. This can lead to fewer invitations, strained workplace relationships, and a sense of exclusion.

 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

- Your smoking routine—during work breaks, after meals, or at social gatherings—creates moments of separation from non-smokers.
- Middle-aged individuals who experience even mild social withdrawal are at higher risk of loneliness, depression, and lower social satisfaction later in life.
- Your habits in your 30s-60s shape your long-term quality of life—continued smoking-related avoidance can leave you with fewer meaningful connections as you age.
- A weakened support system can negatively affect your mental and emotional well-being in later years.
- You may hesitate to attend long non-smoking events (family gatherings, movies, work meetings) to avoid the discomfort of not being able to smoke.
- You naturally gravitate toward smoker-friendly places, avoiding spaces where smoking is restricted.
- Smoking feels like stress relief, even when other healthier options exist.
- Frequent smoke breaks disrupt your workflow and can make you seem less engaged.
- Even if you don't realize it, smoking might reduce your concentration and energy levels.
- It may create an unconscious perception among colleagues that you are distracted or unavailable.



 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 loved ones may not openly express it, but they likely wish you didn't smoke.
- You could be missing out on small but meaningful moments—quality time with family, uninterrupted conversations, and fully engaging in activities.
- The cost of cigarettes adds up over time.
- Consider the trade-off—what else could you invest in? Hobbies, experiences, or personal development that provide long-term satisfaction?
- You might already hesitate before lighting a cigarette at social or professional events.
- Smoking in public is becoming less accepted, which could influence how others view you.
- If you want to quit, your chances are much higher when you surround yourself with non-smokers.



MISSED OPPORTUNITIES

- Studies show that intermittent smoking has increased by 40% due to growing smoking restrictions, meaning your habit may be shaped more by social norms than by personal need.
- Nicotine leaves your system in 2–3 hours, and you frequently go days without smoking.
- Despite years of smoking, you likely have little to no physiological dependence.
- Many intermittent smokers like you score zero on the Fagerström Test for Nicotine Dependence (FTND), meaning addiction is not what's keeping you smoking.
- On average, you've been smoking for 18 years and have consumed over 42,000 cigarettes in your lifetime.
- If you've attempted to quit, you are part of the 75% of ITS who fail in their quit attempts.
- Your quit rate (22%) is higher than daily smokers (13%), but still low.
- Even in strict, controlled environments like the military, only 41% of ITS successfully quit.
- This proves that nicotine withdrawal isn't your biggest barrier—your lifestyle and habits are.



Reality Check

Smokers v/s Non-Smokers

Smoker	Non Smoker
You may be seen as lacking discipline or control, even if you smoke occasionally. Some might view you as rebellious, but in professional and social settings, smoking carries a stigma.	you are perceived as disciplined, health-conscious, and in control of your choices. You make better first impressions without the lingering smell of smoke.
Frequent smoking breaks can make you seem less committed or productive. Workplaces with strict health policies might subtly exclude you from promotions.	You appear more engaged, reliable, and efficient. You are seen as a better fit for leadership roles.
You may believe you're in control, but nicotine subtly influences your choices—where you go, how you manage stress, and even how you socialize.	You have full autonomy over your decisions and healthier ways to manage stress.
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.
Much of your socializing revolves around cigarette breaks. You may avoid non-smoking environments or unconsciously choose places where smoking is allowed.	You have unrestricted access to social settings, uninterrupted interactions, and more diverse relationships.

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

- Without realizing it, you might skip indoor gatherings, long events, or smoke-free venues.
- You may feel **uneasy or disconnected** in settings where smoking isn't an option.
- You might not intentionally** avoid non-smokers but could miss out on new connections.
- Meals, deep conversations, or familiar places automatically prompt a cigarette.
- Holding a cigarette might feel like second nature during conversations.
- Smoking affects your stamina**—mild breathlessness, a lingering cough, or lower energy levels may make social outings less enjoyable.
- Weekend trips, casual walks, and other activities might feel more tiring due to smoking's cumulative impact on your lung function.
- If you enjoy social drinking, you may unconsciously smoke more when consuming alcohol, reinforcing the habit without realizing it.
- Smoking gives a false sense of relaxation—it may feel like stress relief, but it actually creates a cycle of withdrawal and craving.



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

- Your loved ones may worry about your health, even if you feel your smoking is moderate.
- Your risk of **Major Depressive Disorder (MDD)** is nearly twice as high as that of non-smokers.
- Even though you don't smoke heavily, **nicotine withdrawal can lead to** mood fluctuations, low energy, and emotional instability.
- Smoking may subtly **affect your motivation**, enthusiasm, and enjoyment of daily activities.
- As an intermittent smoker, you are **73% more likely to develop Generalized Anxiety Disorder (GAD)**.



UNCONSCIOUSLY DEPENDENT

- Nicotine provides temporary relief, but the withdrawal cycles increase stress, restlessness, and tension over time.
- You may not feel physically addicted, but smoking has likely become a form of emotional comfort.
- Even occasional smoking raises **your risk of depression by nearly 39%**.
- Unlike younger smokers, **your habit is deeply ingrained** in your daily life due to years of repetition.
- Quitting smoking significantly lowers your risk of depression and anxiety:**
 - 28% lower risk of depression after quitting
 - 24% lower risk of anxiety after quitting
- Smoking feels natural in social situations**—during a card game, casual chat, or while relaxing outdoors.
- Non-smoking environments (hospitals, family gatherings) may make you feel restless, **causing you to step away for frequent breaks**.
- You may light a **cigarette out of habit, not necessity**.
- Smoking habits are reinforced by **sights, smells, and routines**—like smoking after meals.
- Being around smokers increases the urge to smoke**; non-smokers may make you feel pressured to adjust your behavior.
- Studies show older smokers actually report **higher stress levels than non-smokers**.
- Smoking provides temporary relief but **does not reduce long-term anxiety**.
- Grandchildren might hesitate to sit close**, and some relatives may subtly discourage indoor smoking.
- If your close circle discouraged smoking, you may have attempted to quit at certain points.
- Your early social environment** likely played a key role in whether you continued smoking.
- Smoking is now less about peer pressure and more about **personal experiences, health concerns, and lifestyle**.
- Retirement may give you more free time**, making it harder to resist smoking.
- Loneliness and lack of social connections** can contribute to continued smoking.
- By this stage, your smoking is likely driven more by addiction than social influence.

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!

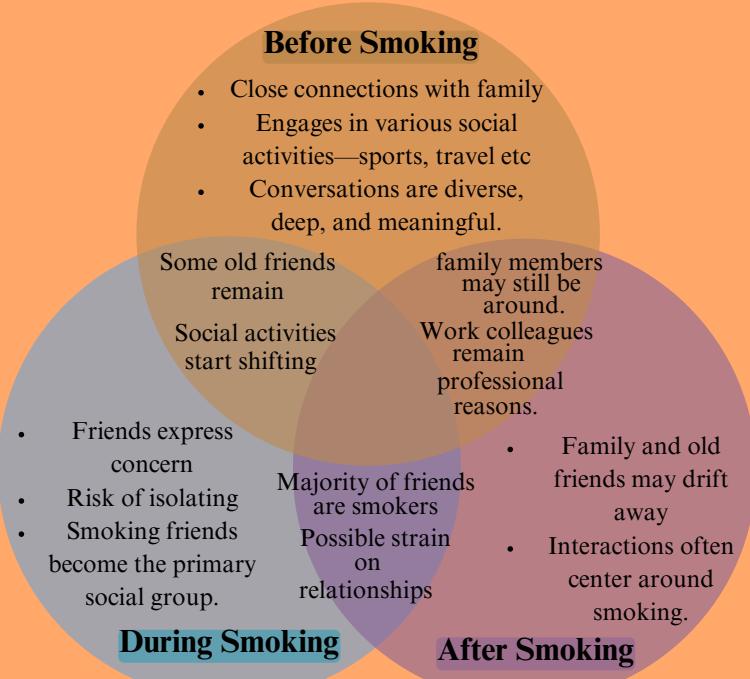
FALSE BELIEFS



- The people you smoke with may not be true friends, just individuals sharing the same habit.
- Even when you are not craving nicotine, do you instinctively reach for a cigarette to cope with social discomfort?
- Over time, this reliance can lead to avoidance behaviors, reducing the depth of your social interactions.
- Loved ones who have encouraged you to quit may feel frustrated, leading to emotional strain and detachment.
- This habit can narrow your exposure to different social settings, limiting interactions outside of smoker-friendly spaces.
- Smoking-friendly environments may dominate your life, limiting new experiences and relationships.
- If unchecked, this pattern can lead to long-term isolation, making it difficult to reintegrate into non-smoking spaces.
- You may unconsciously use smoking as an excuse to step away from overwhelming conversations or awkward situations.
- More public areas, workplaces, and social events are becoming smoke-free.
- This shift makes it harder to seamlessly integrate smoking into your daily life.
- Close friends, children, and grandchildren may feel uncomfortable around smoking, leading to silent but growing distance.



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.



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

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.

OTHER EFFECTS

- Senior clubs, religious events, or casual meetups become less appealing when smoking is inconvenient.
- Research shows that 17.1% of older adults in the U.S. experience social isolation—you may not feel isolated now, but smoking could be creating unseen barriers.
- You likely prefer specific smoking spots—balconies, designated areas, or cafes.
- As an intermittent smoker (not excessive but regular), you may experience gradual social withdrawal that goes unnoticed but is equally harmful as heavy smoking.
- National data suggests:**
 - Twice as likely to continue smoking if socially isolated.
 - Over five times as likely to continue smoking if severely isolated.
- Research shows higher biological stress markers (inflammation, weakened immune system) in socially isolated individuals.
- Smoking offers temporary relief, but over time, it worsens stress and anxiety, making you feel even more disconnected.

Perceptions and Messaging

Indicator 3

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

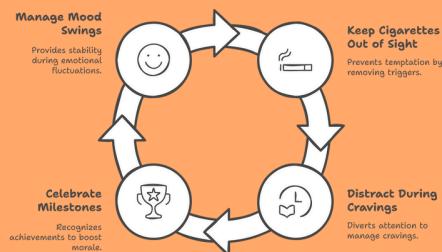
WRONG PERCEPTIONS

- You may not be entirely dependent on cigarettes, but **smoking still influences your behavior and social interactions.**
- **You may feel that** your smoking habits don't significantly impact your life since you don't smoke daily.
- However, you are subconsciously influenced by **your environment, social settings, and routines.**
- While you believe you can quit anytime, intermittent smoking **reinforces behavioral patterns that make it harder to stop.**
- Have you noticed **hesitation or subtle disapproval** when you light a cigarette around others?
- At this stage in life, **maintaining strong relationships** is crucial for well-being.
- Smoking—even occasionally—**can create barriers that affect social interactions.**

MISSED OPPORTUNITIES

- Occasional smoking may not seem harmful, but small habits accumulate over time.
- Are you making choices based on **what you enjoy, or is smoking subtly shaping your decisions?**
- **By recognizing these patterns**, you can take control and reduce smoking at your own pace.
- Quitting may seem easier for you since you don't smoke daily, but your **social environment plays a huge role.**
- If those around you smoke, **quitting becomes harder.**
- Quitting isn't just about willpower—it's about **setting yourself up for success by:**
- **Letting friends and family know** you are reducing or quitting.
- **Avoiding social situations** where smoking is normalized.

Cycle of Support in Smoking Cessation



Smokers v/s Non-Smokers

Reality Check

Smoker	Non Smoker
You may not notice how smoking creates invisible social barriers. Family members and friends may subtly avoid sitting too close or spending extended time in enclosed spaces with you.	You never have to step away from conversations for a cigarette or worry about whether a venue allows smoking. You are always included in gatherings without hesitation.
You, as a smoker, may unconsciously rely on smoking in certain situations, reinforcing habits you may not even recognize.	Non-smokers never have to plan their day around cigarette breaks or manage cravings in social settings.
You may be less likely to be asked to babysit due to concerns about smoking, passive exposure, and overall health.	Non-smokers are more likely to babysit grandchildren, attend family trips, and be involved in intergenerational activities.
You face a higher risk of chronic illness, leading to dependency and reduced social interactions.	Non-smokers lead a more active, healthier lifestyle, prolonging independence.
Being around other smokers might unconsciously prompt you to light up.	Non-smokers do not face these triggers and can navigate social events with more autonomy.
Smoking may have become a psychological crutch for easing awkwardness, filling conversation gaps, or calming nerves.	Non-smokers develop alternative coping mechanisms, such as mindfulness, engaging conversations, or simply being present.