



celebrate  
recovery

Welcome Home

## What Is a Nicotine Addiction?

Two characteristics of an addiction are compulsive use of a substance and continued use despite adverse consequences. The adverse consequences of smoking tend to be fatal.

The following questions will help you determine whether or not your smoking habit is compulsive.

- Do you smoke every day?
- Do you smoke because of shyness or to build self-confidence?
- Do you smoke to escape from boredom and worries while under pressure?
- Have you ever burned a hole in your clothes, carpet, furniture or car?
- Have you ever had to go to the store late at night or at another inconvenient time because you were out of cigarettes?
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(From the book "Conquering Chemical Dependency")