

# Why People Use Tobacco

Before you can quit using tobacco, it is helpful to understand why people use it.

Using tobacco is a complex behavior and people use it for different reasons. Many times, it's a combination of reasons that create a tobacco habit.

First, there is the physical addiction to nicotine. Your body has become dependent on it.

Second, there is the psychological or emotional dependence.

You rely on smoking to cope with stress and other emotions in your daily life.

Third, there is the social aspect. Using tobacco can be part of your routine when you are with other people.

And fourth, it can be Environmental. You might live or work with other tobacco users. And their use may trigger you to use.

Together, these 4 different reasons form your habit of using tobacco and need to be considered in your plan to quit.

The nicotine in tobacco is highly addictive. Within seconds of using tobacco, nicotine stimulates the brain's pleasure center.

It makes you feel good.

You may feel energized or stimulated.

You may feel relaxed, but it is actually masking your body's stressed response to nicotine. This false sense of relaxation may make you feel that you can better deal with anxiety, tension, anger or other emotions.

As the level of nicotine in your body lowers so does that sense of pleasure. To regain that stimulation in the pleasure center in the brain, you want tobacco again.

Emotionally, using tobacco can comfort you when you are stressed, nervous or upset.

The longer you use tobacco, the more it is part of your everyday routine. You do it without thinking.

*"I would drink my coffee and smoke my cigarettes."*

*"When I would get in the car and it's time to smoke ... it was just a routine."*

*"I'd put one out and then, you know, a couple of minutes later, I'd roll another one."*

Or you live or are around people who smoke or use tobacco.

Working on all four aspects together is the best way to be successful at quitting tobacco. Talk to your healthcare provider or cessation counselor about each aspect of your addiction.