

THE ART OF “CUTTING BACK” ON THE SMOKING HABIT

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YES. “Cutting back” on the smoking habit is an art. Once you have the following pieces together, you WILL “cut back”. I guarantee it. And you will be thankful later in life for it.

Read my short story and then I will tell you the secrets of “cutting back” on the habit.

I started smoking in high school in 1946. Like most people who start, I felt “grown up”. I was athletic, ran all the time and had my whole life ahead of me, but not knowing what was about to happen thirty-four years down the line.

I am now seventy-eight years old, on oxygen, and have Chronic Obstructive Pulmonary Disease (COPD). Although I have an open pack of cigarettes in my nightstand, it has been twenty-six years since I smoked my last cigarette. And it was not difficult to “cut back”. I tried something on myself that worked and now I help others to successfully “cut back”.

The year was 1980 when I was enjoying myself having a cigarette (yes, I did enjoy smoking). I had one in my hand and another one burning in the ash tray. Smoke filled the room. I was constantly coughing. Enjoying another cigarette? You got to be kidding.

Like a bolt of lightning from the sky, something struck me. I asked myself, “Paul, do you hate your body that much that you have to destroy it like you’re doing?” I answered my own question. “No I don’t hate myself but I realize I am hurting myself.”

“Then why are you destroying your body like you’re doing?” came the next question.

“I don’t really know the answer to that.”

I put out my cigarettes and said to myself, “No more for me for the rest of the day”.

For the rest of the day I felt like I was in a fight with “the devil”. When I would almost give in and light one up, I asked myself what I would do if suddenly a million dollars was offered to me if I refrained for the rest of the day. “Just for the rest of the day Paul” I thought to myself, “As difficult as it would be I would not have another one for the rest of the day.”

The next morning I got up and immediately grabbed for my cigarettes. But suddenly I asked myself the same question. “Yesterday wasn’t so bad. Can I do it again for just one more day?” I decided to challenge the devil and go another day.”

“yeh, yeh.” you’re thinking “I’ve heard that day-at-a-time BS. So what’s new?”

Here’s what’s new. IT DOES WORK *but not all by itself.*

I managed to continue with this day-at-a-time process for a whole week After dinner I unconsciously reached for my shirt pock only to discover I had no cigarettes.

My wife asked me if I quit smoking to which I replied, “No I didn’t. Why do you ask?” “Because I haven’t seen any dirty ashtrays nor smell smoke like before”

“I told her I just cut back from smoking so much.”

Another three weeks went by when she asked me again. “Are you sure you haven’t quit smoking?”

“I didn’t quit” I replied. “I just cut back”

“When did you have your last cigarette?”

“About four weeks ago”

My position is that *I am still a smoker*. Even when I fill out a doctor's questionnaire asking if I smoke, I say yes. I later explain my position that I am still a smoker but have simply cut back and haven't had a cigarette in 26 years.

The reason I still have my last pack next to my bed? That way I know that any time I want a cigarette I can have one. It then becomes my choice not to have it. But that urge is non-existent any more. Besides I know what it's like to desire a cigarette and you have none. At one time I would have driven ten miles on a rainy night for a pack of cigarettes. (A woman I know who followed my advice has now been off cigarettes for almost two years and still carries three cigarettes in her purse.)

So now, here are my simple "secrets" to "cutting back". Many persons I have spoken to have been off cigarettes for years after learning these three "secrets". *It's unbelievable how fast you can be free from smoking when you follow the following directions.*

Secret #1. YOU MUST HAVE THE DESIRE TO QUIT. By this I mean a conscious desire to really quit. Ask yourself why you want to quit. What would it mean to you if you quit or simply "cut back" like I am doing. Is your motivation strong enough? Without the real desire to "cut back", you won't. Patches won't work, hypnosis won't work, and neither will any of those "quit-smoking" medications. You will only be ready to cut back when you can honestly say to yourself, "I am so sick of my smoking and what it is doing to my body that I won't stand for this for another second" That's when you will be ready to cut back.

Secret #2. DON'T TELL ANYBODY YOU'RE QUITTING. How many times have you heard someone tell you they quit smoking? Why are they telling you? What are they looking for? The answer is that they are looking for approval from you or whoever will listen. The approval of yourself **MUST** come FROM yourself.

Secret #3 FOLLOW THROUGH FOR ONE WEEK. If you really want to quit and keep it a secret, *you will be off cigarettes for life*. If your friends offer you a cigarette, simply say "No thanks". NEVER tell anyone you quit. ALWAYS take the silent approach that you are cutting back. Take the position that you are still a smoker and have simply "cut-back" like I have.

If all this sounds too simple it is because it really is simple. I guarantee it. I welcome any letters from you telling me your experience. Write to me at Paul@Rebel101.com

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