

HOW TO BECOME A NONSMOKER

WHEN YOU JUST CAN'T QUIT

David S. Julian



Day Jewel Publications

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**by
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From the author ...

Before you begin your journey to the land of nicotine freedom we are going to have to agree on at least four things:

- *You must realize that becoming a nonsmoker will make you a happier, healthier, and better person, more in the image of the God who created you, and the Christ that dwells within you. [Be perfect, therefore, as your heavenly Father is perfect. --Matthew 5:48]*
- *You must recognize that you have the desire to make your body become the temple of the Lord, so that you can become more in touch with yourself and your surroundings, and someone more responsive to the needs of people around them. [Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. --1st Corinthians 6:19-20]*
- *You must admit that your body continuously attempts to warn you against the evils of smoking, by going into convulsions and coughing spasms, and by giving you such obvious symptoms of pollution poisoning as sneezing, upset stomach, and red and watery eyes.*
- *You must readily see the difference between becoming a nonsmoker (a positive action), and trying to quit smoking (a negative reaction).*

Do you agree with these four premises? If not, you're obviously not ready to give up the noxious habit of smoking tobacco. If you do agree, then I want you to know from the onset that *I do not want you to quit smoking*. I don't want you to *quit* anything. Chances are that one of the main reasons you have been unable to become a nonsmoker until now is because you have been conditioned for years to stick with what you start and not to be a quitter. I'm not even going to attempt to unravel that kind of heavy duty conditioning. With this program, you will learn how to become a nonsmoker and then stick with the new positive action you have undertaken.

There was a point in time when you made a conscious choice to take on an alternate personality. You decided, because of a combination of peer pressure, advertising, and doubts about your self-esteem, that you needed to become a smoker in order to improve your self-image. You felt inadequate, not willing to accept yourself as you were. You felt like you needed something else, a crutch, something that would fill in the gaps and make you a more acceptable person. Every time you light a cigarette you reinforce that kind of negative thinking, so in that sense, every cigarette reinforces those old feelings of inadequacy.

My goal is to help you to get back in touch with the real, nonsmoking you that has been lying dormant all this time. Once you realize you never needed cigarettes to be a perfectly normal human being, you'll realize you don't need them now. As you begin to resume your true, nonsmoking personality, the alternate smoking personality will quickly fade into the past. You will feel great, look great, and your friends, family, and coworkers will notice and comment about the changes in you. Most importantly, you will not have to suffer the terrible torments the "quitters" have to go through. You won't have any cravings, urges, or anxiety being around smokers. After about two years you will not even remember what it was like to smoke. For all intents and purposes, you will feel like you never smoked at all. Does this sound familiar?

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

— 2nd Corinthians 5:17

THE FIRST STEP

The first step in this program is to allow yourself to indulge in only top quality tobacco products and only at the times when you really need to smoke. That means no more cheap cigarettes, full of dangerous residues from the chemicals used during the high-speed curing and drying processes. From now on, only first-class tobacco will do. You'll find your smoking more enjoyable, and the residual smoke will be a bit less toxic to your friends and loved ones. Eventually, you will find yourself smoking much less and enjoying it much more. So right now, open up the phone book and find a good specialty tobacco shop. Go and buy yourself a pack of really first-class cigarettes (there are many brands you won't find at the local grocery store) and throw away any of the cheap junk you had left. Do it now, before you go on.

From here on I refer almost exclusively to cigarette smoking because it is the most common form. Consider the word "cigarette" as synonymous with all forms of smoking.



THE PSYCHOLOGY OF CHANGE

No one else can make you change. In fact, if you have resisted all the intellectual arguments and denied the indisputable facts about the real dangers of smoking, you probably have one other tragic flaw: more than likely you have a stubborn streak, a subconscious voice that says something like "I'll smoke if I want to and you can't make me quit." You need to be clear about your reasons for wanting to change. If you only want to quit smoking because *they* want you to, it will never work. Permanent change is only possible if you sincerely want to change yourself. No one else can do it for you.

The chances are pretty good that if you are reading this booklet, you are already aware of the hazards of smoking. Just in case you haven't been able to hear them before, let me remind you of some of the worst. It is bad enough that smoking greatly increases your own chances of death by fire, heart attack, and hideous cancerous diseases. But worst by far is the fact that your smoking also greatly increases those same risks for your spouse, children, family, friends, and coworkers. So if you must smoke, even first-class tobacco products, then at least do it far away from the people you say you love and care about.

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[Note for women only: *Smoking during pregnancy vastly increases your new baby's vulnerability to disease and serious conditions caused by premature birth and low birth weight. Latest research shows there is a much higher incidence of SIDS (Sudden Infant Death Syndrome) when the mothers smoked during the 20 weeks prior to birth.*]

What is it that you get out of smoking and being a smoker? Does it make you feel more mature? Do you really believe that dependence on a narcotic drug and indulgence in a habit that is as dirty and smelly as smoking are Christ-like? Does it make you feel more relaxed and comfortable around other people? Do you really believe that all those people who put signs up in their offices and homes that say "THANK YOU FOR NOT SMOKING" are doing it just to intimidate and persecute you? Does it really make you feel better, especially after meals? Do you really believe that the coughing and hacking, upset stomachs, red and watery eyes, and craving (to the point where you will frantically search the house for any medium sized butt when you run out) really make you feel better?

This is the bottom line: whether or not you smoke is a reflection of how you take care of yourself. How you take care of yourself is an indication of how you care for others, and how you expect others to care for you.

Close your eyes for a moment and visualize someone you would describe as Christ-like: a quality person, a really first-class individual, kind, loving, and concerned with the quality of their own life and the world around them. Can you honestly visualize that kind of person smoking? You might also notice that your concept of a quality person is someone who is slim and trim, eyes clear from regular rest and exercise, and sensible eating habits, and they are free from alcohol, drugs, or any other dependencies. Can you put yourself into that picture?

If you can't see yourself in that place, it is time to give yourself permission to do so. Put yourself into the picture as that quality person, just before they became a nonsmoker.

HOW TO DO IT

As with any problem solving, the first requirement is a precise description of the problem. Therefore, for the next two weeks, clear the air (literally and figuratively) by keeping a daily record of every tobacco product you consume. Each entry should include the date and time you smoked, along with a brief description of what you were doing and your best guess at the reason you felt you needed to smoke. The first and last entries should be the starting and ending inventory. Your journal should look something like the example on the next page.

At first, you may find some real surprises. You may find some cigarettes unaccounted for. (If you consistently have more than one or two missing in two or more days in one week, you need to pay much more attention to your actions.) It is not at all uncommon for creatures of bad habits to not remember engaging in them sometimes. If you smoke during brief but intense emotional periods, it may become extremely difficult to remember how many cigarettes you actually had. The same is true if you are a "chain smoker", where you smoke one right after another. Some cigarettes are not actually smoked. These include the ones you lit but just left burning in the ashtray. Count these as being smoked. The latest research shows that "blue" smoke from the burning end of a cigarette is just as lethal as the inhaled smoke. Be sure to count cigarettes you give away. You may also discover that it is sometimes very hard to determine why you want to smoke. Try to be as honest and accurate as you can.

In order to start smoking you had to learn to desensitize your body to certain feelings. In other words, in order to smoke, your brain has to convince you that your body is not going into convulsive coughing spasms, your stomach is not going to be upset, and your sense of smell is not being bombarded by a cloud of foul smelling and dangerous pollutant chemical smoke.

One of the sad byproducts of this desensitization is that it is not limited to the smoking experience. When your brain blocks olfactory nerve sensations to prevent you from smelling cigarette smoke, it also prevents you from smelling flowers and other pretty scents, and that in turn destroys your sense of taste. That is why nonsmokers can smell smokers on the other side of the room hours after the last cigarette, and why smokers often have to be told by others that they have bad breath or body odor.

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If you will allow your sense of smell to get back to being fully aware by becoming a nonsmoker even for just a few weeks, you will discover that tobacco smoke is as dense and foul-smelling as pollution from the worst factories in the most industrialized cities. By smoking indoors, you emit that pollution in concentrations that would not be acceptable using any environmental standards. And chances are your whole wardrobe smells just like a chemical plant, pulp mill, and alfalfa processor combined.

SMOKING LOG
January 7, 1998

Inventory: 1 Pack (20)

8:00 a.m. *First cigarette with my morning coffee, helps to wake my up in the morning*

8:45 a.m. *Right after breakfast, Helps me get going*

8:55 a.m. *In the car on the way to work. Traffic jam is going to make me late, helps to calm my nerves*

9:30 a.m. *Walking from my parking space to the office. A few quick drags before I go in*

10:30 a.m. *Morning coffee break, a quick cigarette in the bathroom to help calm my nerves*

12:00 p.m. *On the way to a lunch meeting with clients. Helps me feel more calm, self-assured*

12:35 p.m. *After I finished my presentation, helps to settle my nerves*

12:45 p.m. *After clients left, to unwind*

12:55 p.m. *Walking from my parking space to the office, a couple of quick drags before I go in*

2:30 p.m. *Afternoon break, a quick cigarette in the bathroom to help me keep going*

5:05 p.m. *On the way to the car. Helps me face the coming commute*

6:00 p.m. *Walking from my car to my apartment, helps me unwind*

6:30 p.m. *After dinner, to settle my stomach*

7:00 p.m. *During phone call with my girlfriend. Keeps me calm, in-control*

8:00 p.m. *Watching TV movie, I just wanted one*

9:10 p.m. *Back from the bathroom, I just wanted one*

10:15 p.m. *Watching late news, I just wanted one*

10:45 p.m. *Just before bed, to relax before I go to sleep*

Smoked: 18 Unaccounted: 0 Remaining: 2



Nonsmokers can smell smokers on the other side of the room hours after the last cigarette.

ANALYZING THE RESULTS

After you have finished your journal it is time to examine the reasons for smoking that you listed. In the sample log on Page 7, the reasons given were:

- Helps to wake me up
- Gets me going
- Calms my nerves
- A few quick drags before ...
- Helps me unwind
- Helps me face rush hour
- To settle my upset stomach
- I just wanted one

Other common reasons include:

- When I drink coffee
- When I drink cocktails
- When I feel stress
- When I meet new people
- When I interact with certain people
- While working
- While taking a break from work
- Before, during, or after meals

The various reasons can usually be condensed into one of the following five general categories:

- Gets or keeps me going
- Calms or relaxes me
- Helps alleviate my physical symptom
- I always smoke when I do this
- I'm bored

From the examples on the previous page, it is pretty easy to see that, for the most part, our example smoker uses cigarettes during the day to either get going or to calm down. During the evening, the subject listed a lot of "I just wanted one", which indicates boredom. The subject also listed smoking as alleviating upset stomach after dinner. Did our subject recognize that the smoke residues swallowed before and during the meal helped to cause the upset?

If your journal indicates that you always smoke, particularly if you chain smoke, every time you engage in a certain activity or interact with certain people, you might want to consider either discontinuing the activity altogether, or at least getting some professional counseling help with it.

REGAINING CONTROL

The next step is to eliminate all nonessential cigarettes. If you want a cigarette now, but you know you're going to light one when your ex-husband calls in ten minutes, wait the ten minutes. If you usually have a cigarette going to the car and another while driving, then skip the first one by waiting until you are in the car to light up. The most important thing is that you begin to make a conscious effort to change your old habits.

At this point in the process many people try to use placebos. A placebo is a harmless substitute for a cigarette. Some people use candy, chewing gum, straws, pencils, and any number of other crazy gizmos and gimmicks to try to replace the habit. The only problems with substitutes used in this way are that they do not eliminate the cause of the craving and they are not always harmless. There is a time to use substitutes, but not yet.

Smoking is a symptom of a condition that is caused when your drug-affected brain has temporarily taken over control of your mind. Your brain is telling you what to do, instead of you telling your brain what to do. The secret to becoming a nonsmoker, without the usual side effects of irritability, craving, and hunger, is to recognize that right now you are no longer in control of your mind. Remind yourself that your brain is only an organ, just like your liver or kidneys. You wouldn't think of putting one of them in charge of your life would you? So why would you want to turn control of your self over to your brain?

Your brain has specific functions, just like your other organs. One of those functions is to sort through the millions of sensory signals you receive every second and filter out information that is most important for you to focus your attention on right now. The brain is like a giant computer, only it has the ability to program itself. Usually it programs itself to respond to the *stimuli* of real experiences, but it can also program itself to respond to imaginary information. If your *self* is in control, you dictate to your brain what sensory information is important to you. If your brain is in control, it automatically selects what it thinks is the best information.

This system is pretty good. You can usually depend on your brain to make the same or similar choices as your *self* because you have trained it to do so. Unfortunately the system can be deceived. Your brain can be flooded with sensory stimulation to the point where it can no longer function accurately. It can also be deceived through chemical imbalance, either naturally occurring or from the ingestion of certain drugs.

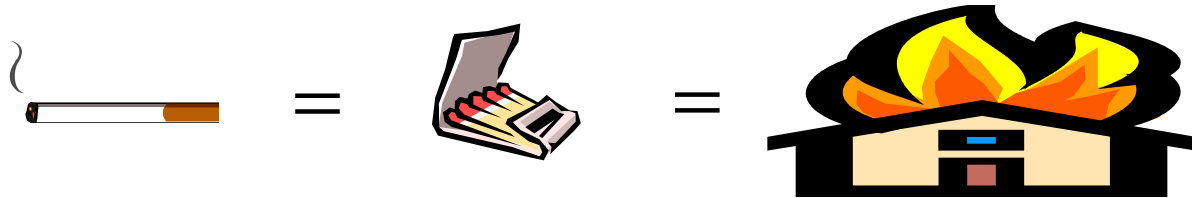
Included in the list of drugs that can affect the brain processes is nicotine, the active ingredient in tobacco products. When you interrupt the normal processing of the information passing to the brain by ingesting nicotine from smoking, you alter the priorities your *self* has established, and in a sense, you become a completely different person. After repeated doses of the drug, the brain becomes dependent on it to maintain this new personality, and you become what is called *addicted*. Every time you ingest the drug, your brain has to go through this same transformation. To try to warn you of the impending danger, your brain gives off many danger signals. Dizziness, nausea, and loss of appetite are usually coupled with red and watery eyes, convulsive coughing spasms, upset stomach, and sometimes even headaches, pale skin tone, and vomiting.

When the *self* is in control, we sometimes have feelings of anxiety, depression, and fear that can make us feel insecure. When we are insecure, we feel as though we are not "as good as" other people. We see others acting calm, cool, and collected in those situations that make us anxious, depressed, and afraid.

What we fail to realize is that a calm and cool exterior often may be hiding even worse insecurities than our own. There is nothing abnormal about feeling insecure. We all feel that way to some extent, as has every human being ever since the fall of Adam in Garden of Eden.

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Nicotine is a stimulant. The immediate effects of smoking include a sudden “pick-me-up” feeling. That is followed almost immediately by a tranquil, depressed feeling. Some researchers claim there are even overtones of Freudian oral gratification and infant suckling connected to the smoking experience. I don't know about that. All I know is that at some conscious or unconscious level, you currently believe that your smoking *self* is somehow more mature, more relaxed, more upbeat, more in control, and a better representative of Christ in your life than your nonsmoking self would be. Sadly, nothing could be farther from the truth. Most people (including other smokers) regard smokers as insensitive, immature, nervous, and even dangerous.



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Loyal to you until the end, your brain subconsciously never quits trying to return to processing stimuli as your nonsmoking self. It continues to warn you of the many dangers of smoking by demanding continuously increasing doses of nicotine to accomplish the same personality shift.

You can stop this harmful process any time by discontinuing the ingestion of the drug, but that may be a lot harder to accomplish than it looks. By the time you are concerned about your addiction, you have also reinforced a lot of additional behavior patterns that also have to be adjusted. If you really believe that you are a more Christ-like person as a smoker than you would be as a nonsmoker, it is going to be pretty hard for you to change. In fact, for many people, that belief makes quitting impossible.

So what I would like you to do instead is play a little game of “What If?” Select one or two of your regular times and instead of really smoking, allow yourself to smoke an imaginary cigarette. Go through all the physical motions of taking an imaginary cigarette out of an imaginary pack from your pocket or purse, pretend to light it in the usual way, and then pretend to smoke it, just like you would if you had really lit it. Then write down in your journal exactly what happens to you and how you feel. If you are driven up the wall by cravings, write that down. If you are pleasantly surprised that nothing happened, write that down. For the next few days, try this experiment at as many different times as you can. Once again, write down any feelings and changes you experience in your journal.

Do you want a real eye-opener? During my transformation back to my real nonsmoking self, when I did this experiment I discovered that for all the times I used to smoke to “calm down”, there was absolutely no difference in the way I felt after taking a few deep drags off the imaginary cigarettes and the way I felt after smoking the real ones. My next step, of course, was to give myself permission to take a few deep breaths instead of smoke a cigarette (real or imaginary) during those anxious times.

GIVING YOURSELF PERMISSION TO BE YOURSELF

If you are honest in your answers, your journal will indicate that nearly all your real cigarettes can be replaced by imaginary ones, as long as you don't have to give them all up at the same time. So your next step to give yourself permission to replace all the real cigarettes you can with imaginary ones, *one reason at a time*. Start with the easy ones and work toward the hard ones. Give yourself permission to take deep breaths instead of smoking to calm down. If you need a pick-me-up, take a brisk walk or eat a piece of fruit. If you have some physical symptoms, see your doctor. If you're bored, get involved in an activity that can keep your interest. Once you can accomplish this you have made it over the biggest obstacle to returning to your nonsmoking real self: you realize your brain has been deceiving you in order to get the drugs it needs to maintain the façade of this alternate personality. You didn't really need cigarettes then, so you don't need them now.

You didn't really need cigarettes then, so you don't need them now.

What you do need is to take the time to discover the positive things you would have been doing if you had never taken on the “smoker” personality.

I should warn you at this point that your brain is very resourceful. After you have become a nicotine addict, your brain will go to any lengths to get its daily dosage. It may make you feel sick, give you hot or cold flashes, or give you any of the same symptoms it gave you when you first started taking the drug. It will try anything to make you irritable and out of sorts in order to get your friends and family to go along with it. Warn them in advance that your brain may try some tricks on you, and ask them to help you fight it. Take a few minutes each day to pray. *You need to stop focusing on yourself and get back to focusing on Jesus!*

By far the hardest thing to deal with is that your brain will begin to argue with you in your thoughts. It will try everything. “You really didn't want to quit, they made you.” “You really enjoy smoking, why do you want to stop doing what you enjoy?” It helps if you can recognize what the brain is doing, laugh at it, and remind yourself who is supposed to be in charge here. After a few weeks, your brain will realize you are in control again and it will begin to help you rather than hinder you. Your brain didn't like what you did to it any more than your lungs, eyes, or stomach did.

The most wonderful thing about regaining control over your brain is that when you get to the point where you can give yourself permission to do all the things you would have been doing if you had never changed your personality, it will appear as if you had never smoked. You won't be forced to battle with the day-to-day cravings that the quitters go through, and you won't need to develop a negative attitude toward friends or business associates who still smoke.

THE LAST STEP

If you have been honest with yourself, kept your journals, and followed the procedures up to now, you have eliminated all but a few cigarettes a day, and you are smoking only top quality tobacco products. If you have accomplished this much, you should congratulate yourself, for at least you have regained some self-control, improved your self-esteem, and increased your awareness of some of your body processes.

The last phase of the program is to simply recognize that it is a relatively small sacrifice to give up those last few cigarettes in order to become completely free of the smoking habit.

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This is when you might like to use some kind of substitute. I don't recommend candy or gum, because the calories in candy will gain you weight faster than anything else, and frantic gum chewers are almost as obnoxious as smokers. If you must use a placebo, be careful not to replace one bad habit with another habit just as bad or worse. The very best substitute I have found to date is whole cloves. Cloves have a very strong but pleasant taste, and have the additional benefit of making the breath smell sweet.

Ironically, many people resist becoming nonsmokers because they are afraid of gaining weight. They are misinformed into believing that smoking and weight gain are somehow directly connected. The truth is: *Most smokers are also overweight.*

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Many others are extremely underweight. When they desensitized their bodies to recognizing the obvious physical ill-effects of smoking, they also desensitized themselves to the obvious effects of other "bad" habits, such as overeating, under (or over) exercising, and consuming other drugs, such as caffeine (in coffee and soft drinks), alcohol (in beverages), and sugar (in nearly everything else).

What your brain actually does, in its attempts to get you to give it more nicotine, is to run down the whole list of your most intimate fears. Your brain will try anything to regain control. It will give you thoughts like "If you don't start smoking again, I'll make you so hungry all the time you'll swell up like a blimp." If you tell your brain that you know what it is trying to do and you're not going to let it get away with that, then it will try the next one on your list. "If I don't get my cigarettes, I'll make you so bitchy your husband will beg you to start smoking." "I'll make you such a nervous wreck, you won't be able to function in that high-stress job." Laugh at your brain. Tell it you know what it is up to. Get plenty of rest, exercise, and watch what you eat. You'll soon discover that your nicotine addicted brain has contributed to many of the circumstances that you thought you needed cigarettes to overcome.

When I made the choice to become a nonsmoker, I recognized that a lot of my cigarette smoking was directly linked to drinking alcoholic beverages. So I also made the choice to become a nondrinker at the same time. I also began to watch what I ate, and shortly after that began exercising regularly. I lost weight, and I looked and felt great. And as I began to feel better about myself, the whole process became easier.

One other thing to watch out for is overconfidence. After I started to make the transition back to my nonsmoking self, I became so overwhelmed with the ease and the good feelings that came with being in control that I began to slip. I started feeling like I could eat anything and I stopped exercising every day. It wasn't long before I had put on more than a few unwanted pounds. I've been to the nutritionist and I'm back on a regimen of proper diet and exercise now, but it was all too easy to let go. Fortunately, I did not start drinking heavily, or I might have even started smoking again. Insecurity can be very deep seated. And so can the brain's desire to be in control — and the devil is always lurking there in the dark recesses to take advantage of the first sign of our weakness.

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

— 2nd Timothy 1:7

IN CONCLUSION

As I said from the beginning, I did not want you to quit smoking. I wanted you to allow yourself to become the quality person you would have been if you had not chosen to take on that alternate smoking personality. If you haven't been able to stick with this program for any reason, that's okay. Put this booklet away and read it again after six months or when the time really feels right for you to become a nonsmoker.

It takes about a month to six weeks to make the complete conversion back to your real nonsmoking self. After three months, recollection of the smoking experience will begin to fade. After six months, all remnants of the old smoker personality will be gone. After nine months to a year it will seem as though you had never been a smoker at all.

Once you have made the complete transformation, you will be more in control, more concerned about the feelings of others, and a little happier with the quality of your life. Don't hesitate to recommend this method to friends and colleagues who have not yet learned to appreciate the value of a nonsmoking environment.



HOW TO BECOME A NONSMOKER (When you just can't quit) is a no-nonsense and gimmick-free approach to one of the most common problems in the US today. Taking a positive, proactive course to "becoming a nonsmoker" instead of the negative, reactive "trying to quit" approach, this quick course can be self-taught or provide a basis for sound small group instruction.

The First Step
The Psychology of Change
How To Do It
Analyzing the Results
Regaining Control
Giving Yourself Permission To Be Yourself
The Last Step

My goal is to help you to get back in touch with the real, nonsmoking you that has been lying dormant all this time. Once you realize you never needed cigarettes to be a perfectly normal human being, you'll realize you don't need them now. As you begin to resume your true, non smoking personality, the alternate smoking personality will quickly fade into the past. You will feel great, look great, and your friends, family, and coworkers will notice and comment about the changes in you. And as a nonsmoker, you will not have to suffer the torments the "quitters" have to go through. You won't have cravings, urges, or anxiety even being around smokers. It takes about a month to six weeks to make the complete conversion back to your real nonsmoking self. After three months, recollection of the smoking experience will begin to fade. After six months, all remnants of the old smoker personality will be gone. After nine months to a year it will seem as though you had never been a smoker at all. After about two years you will not even remember what it was like to smoke.

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!
— 2nd Corinthians 5:17

David Julian was a professional entertainer for more than 25 years. He was a smoker (up to two packs a day) for some 22 years before becoming a nonsmoker in 1982. Although he did not develop emphysema (the most common result of long-term smoking), he did eventually require a 5-way Cardiac Artery Bypass Graft because of extreme shortness of breath directly resulting from smoking. He developed this program to help prevent others from unnecessarily suffering the same fate.