

There is light at the end of the tunnel

CLIMBING OUT FROM THE PITS

It is quite normal for smokers to experience emotions of an exaggerated nature when stopping smoking. The smoker is giving up something that has been important and frequently feels a sense of loss.

It is also not uncommon for smokers to experience grief after giving up cigarettes. This is a normal and healthy experience.

There are always individual differences. Not everybody experiences all the stages of grief and not everyone experiences them in the same order. You may want to add some stages of your own! However, to think about what may happen, and know that it will pass, can really help in the quitting process.

