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~~Why Do People Smoke: The Real Reason~~
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 Finally, some people smoke if they are bored and have nothing to do or if they are feeling lonely. Trying to keep busy would perhaps be a more satisfactory solution to this problem. Whatever the reasons people have to start smoking in the first place, the majority of them quickly become addicted and continue to smoke for a long period of time.

[Why do people smoke? - HelpwithSmoking.com](#)

Many people use a cigarette as a kind of medicine. They believe that smoking helps them to become calmer, to reduce bloating after eating or to concentrate better. In addition, smoking literally gives you something to do. It also helps against boredom.

[Why do people Smoke? - Online Doctor Service ...](#)

Many people smoke because it's a way

they've learned to cope with post-traumatic stress disorder (PTSD) symptoms, negative moods, and the stress of daily life. There are ways to deal with emotions without smoking. Counseling can teach you ways to cope, and getting support from loved ones can help, too.

[Reasons People Smoke | Smokefree Veterans](#)

People take up smoking for all sorts of reasons. For many, it's about childhood peer pressure and wanting to look cool in front of our friends. Some people start early and quit just as quickly, but others find it much more difficult to shake the habit.

[Why do people still smoke? | BMI Healthcare UK](#)

Experimenting with smoking usually occurs in the early teenage years and is driven predominantly by psychosocial motives. For a beginner, smoking a cigarette is a symbolic act conveying messages such as, in the words of the tobacco company Philip Morris, "I am no longer my mother's child," and "I am tough."

[Why people smoke | The BMJ](#)

There are many reasons why a person starts to smoke. For some teens, it is a way to rebel against their parents. Other teens may feel pressure from their friends (peer pressure) and begin smoking as a way to appear "cool". Some may be modeling a parent's or sibling's behavior, and others believe it is a way to relieve stress or boredom.

[Why Do I Smoke and Why Do I Keep Smoking?](#)

Why do people smoke? Smoking has interested health organizations, governments, and non-profits since the 1980's. This is because smoking cigarettes is associated with enormous social costs in health care and is highly addictive.

[Why do people start smoking? Top 10 reasons](#)

Why People Start Smoking and Why It's Hard to Stop Why do people start smok-

ing? Most smokers started when they were teens. Those who have friends and/or parents who smoke are more likely to start smoking than those who don't. Some teens say that they "just wanted to try it," or they thought it was "cool" to smoke.

[Why People Start Using Tobacco, and Why It's Hard to Stop](#)

For people not suffering from severe mental illness, cigarettes may still become a form of self-medication. For decades, soldiers have taken up smoking on the battlefield to deal with wartime stress, for example. Many people experiencing much lower levels of stress -- in a high-pressure job, for example -- may start to smoke as a way to manage the tension and nerves associated with the situation.

[10 Reasons People Start Smoking | HowStuffWorks](#)

So one of the reasons why do people smoke weed is the curiosity that prevails, and since it is so readily available, many say why not. Peer Pressure and Family Continuing the former point, many people do smoke weed because members of their family or the majority of their friends do so, too.

[Why Do People Smoke Weed? The Top 12 Reasons - Higher ...](#)

The number one reason why most people smoking is because they don't think they have the willpower to overcome the cravings. But scratch below the surface and you'll see a myriad of beliefs and thought patterns that are contributing to the problem. These can be removed to create an easy and quick path to becoming a non-smoker for good.

[10 Reasons Why People Smoke | Reasons To Smoke](#)

Do young people still smoke cigarettes? Many people are surprised to hear, that the answer is yes. Although we are decades past the promotion of cigarettes as a personality enhancer or a weight ...

[Why Do Young People Still Smoke? | Psy-](#)

[chology Today Canada](#)

Situation triggers - the smoke you want when you're in certain situations or with certain people Emotional triggers - the smoke you want when you're upset, stressed, bored or happy. Usually we smoke because of a combination of these reasons. NICOTINE ADDICTION + TRIGGERS (emotional and situation) = URGE TO SMOKE

[Why we smoke - Quit Victoria](#)

Why Do People Smoke Cigars? 1. Tradition. Cigars have been a part of our culture for a very long time. Perhaps it is a family tradition. Or perhaps they are only used for milestones and celebratory purposes. There is a long-winded history with cigars and one can enjoy the craftsmanship and pleasure while smoking. 2. Taste

[7 Suprising Reasons Why People Smoke Cigars - Cigar Cigar](#)

Why Do People Smoke Cigarettes? "Smoking is highly injurious to health". We have read this everywhere and even know what sort of disaster can it do to our health but still continue to smoke quite often a day. Once you are addicted to it, it becomes your habit. You cannot stop yourself from smoking one from that packet.

[Why Do People Smoke Cigarettes? - 5 Deadly Reasons You ...](#)

Why do people sit all day when it is extremely bad for you? We do bad things because they are either easier, or they feel good. Smoking feels good because of chemical addiction. I say this as someone who doesn't smoke.

[Why do people smoke? | ResetEra](#)

Why do people drink? they probably spend more in a weekend on ale than a smoker on cigarettes, they throw up, lose all inhibitions in public, think its ok to damage property, p*ss and sh*t ...

[Why do people smoke? - Page 2 - The Lounge - PistonHeads](#)

Obviously people who start smoking due to stress, anxiety, depression & other shit know there's other, healthier ways to combat all of those, but as a 15? 16? y/o with parents who were (& to a degree still are) incredibly ignorant about mental health, I just didn't have access to meds or a therapist or anything close to it.

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