The Nicotine Dependence Cycle

- **Puff/Chew**: Feel temporary pleasure, relaxation/reduced stress, improved concentration.
- **Triggers**: Pleasurable effects become paired with situations and emotions associated with smoking.
- **Withdrawal**: Pleasurable effects wear off withdrawal symptoms set in, feel stressed.
- **Urge**: Feel an urge to smoke to relieve withdrawal symptoms.
- **Loss of control**: Need cigarettes to feel normal.