**Review 14.2: Smoking: An Illness-Related Behavior**

Malcolm has been trying to quit smoking for years, but it’s very difficult.

**He started smoking during early**  
for two main reasons:

He wanted to look cool and grown-up, so he  
admired actors he'd seen smoking in movies,  
and he felt pressured by his  
who were already smoking.

Today, 20 years later, Malcolm has tried several techniques for quitting (the patch, gum, etc.), but nothing works because  
he is  
on nicotine. In fact, he now needs two packs instead of one to get the same effect, because he has developed a  
for the drug.

Malcolm’s addiction is due to several factors:

First, nicotine triggers the release of  
and  

Second, nicotine stimulates the central nervous system to release  

To make matters worse, Malcolm’s family and friends,  
almost all of whom smoke,  
(will/will not) support his efforts by quitting with him.

Answers may be found in the Appendix at the end of this booklet.