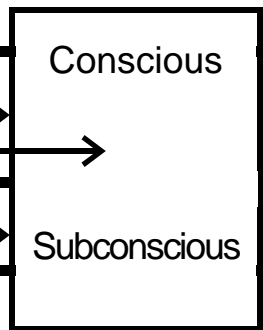


Theoretical Model Underlying **Nicotine Dependence Relief and Recovery**

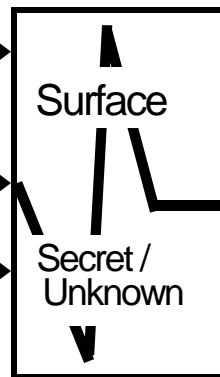
Pool of Influences:

- What's said by self & others [Put Truthful Suggestions here]
- Who with
- What's seen & imagined & remembered
- Self-esteem
- Place or surroundings
- What's been learned
- Thoughts & other behaviors [nicotine use, non use]
- Emotional & physical states [See below]
- More

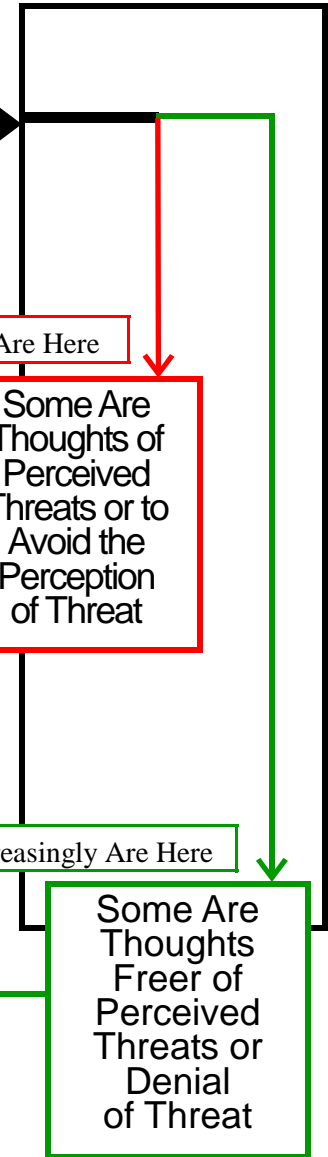
Person's Awareness:



Self-confidence:



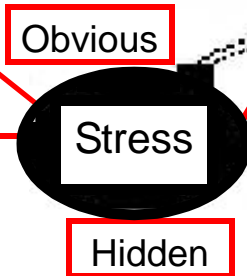
Quick & So Automatic / Subconscious Interpretive Thoughts:



Nicotine Notions Already Are Here

Hike = Fear
Hit = Anger
Hide = Sadness

Tense Muscles,
Blood Flow &
Other Changes



Some Are Thoughts of Perceived Threats or to Avoid the Perception of Threat

Truthful Suggestions Increasingly Are Here

Affection
Love
Enthusiasm
Joy
Excitement
Pride
More

Alert
Comfortable
Calm
Relaxed
More

Biochemical Response
Other Than Stress