1. Which drug do scientists and addiction experts rank as the most addictive drug of all when considering two factors - (1) how easy it is to get hooked and (2) how hard it is to break free?

A. LSD  
B. Alcohol  
C. Nicotine  
D. Heroin  
E. Cocaine

2. Which of the following statements is most correct?

A. Drop for drop nicotine is more lethal than strychnine and three times deadlier than arsenic.  
B. Nicotine has rewired and desensitized the brains of dependent smokers by causing them to grow millions of nicotinic receptors in at least eleven different brain regions.  
C. Nicotine is a teratogen capable of permanently damaging DNA.  
D. All of the above are true.

3. According to a June 2005 study, what percentage of students smoking nicotine at least once daily are already chemically dependent upon nicotine based upon dependency standards contained in the Diagnostic and Statistical Manual for Mental Disorders, 4th Edition?

A. 7%  
B. 37%  
C. 57%  
D. 87%

4. Upon ending all nicotine use what is the maximum amount of time it takes for your body and mind to become 100% nicotine free?

A. One day  
B. Three days  
C. Two weeks  
D. One month  
E. Three months

5. What is the maximum length of time before the symptoms of physical nicotine withdrawal peak in intensity?

A. One day  
B. Three days  
C. Two Weeks  
D. One Month
6. What is the average number of subconscious crave anxiety attacks (episodes) that occur on the 10th day after quitting?

A. 1  
B. 3  
C. 5  
D. 8

7. The drug nicotine comprises just five percent of tobacco's dry weight. How much nicotine does it take to cause a quitter to experience full and complete relapse back to their old level of nicotine intake or higher?

A. One puff  
B. One cigarette  
C. Ten cigarettes  
D. One pack  
E. One Carton

8. A common complaint upon quitting is an inability to concentrate or think clearly. This symptom ...

A. is caused by too much oxygen to the brain.  
B. is usually unavoidable.  
C. results from a decline in dopamine output.  
D. normally indicates low blood sugar.  
E. is permanent.

9. The most effective way to get through the first few days of a new quit is to ...

A. wait until a friend is ready to quit with you.  
B. lean heavily upon encouragement and support of family and friends.  
C. buy lots of groceries and don't stop eating until they're gone!  
D. focus on quitting for just one day at a time.  
E. keep reminding yourself that you have quit forever!

10. Which of the following is a proper step toward successful nicotine dependency recovery?

A. You don't need to give up anything else when quitting except for nicotine, unless you have other chemical dependencies, such as alcoholism.  
B. Don't tell family and friends that you've quit until you gain a bit confidence that you're going to make it.  
C. Lean heavily upon family and friends as a primary source of motivation.  
D. Keep a few cigarettes or an extra pack around the house so that you won't feel like you are depriving yourself of anything.  
E. Try not to be hard on yourself about cheating or slipping.
11. Which of the following is not a normal and expected phase in overcoming the emotional loss associated with quitting?

A. Denial
B. Anger
C. Bargaining
D. Depression
E. Acceptance
F. It is normal to experience all of the above phases.

12. What substance do ex-smokers require half as much of in order to achieve the same sensation that was provided by the substance while they were still smokers?

A. Sugar
B. Caffeine
C. Alcohol
D. All of the above
E. None of the above

13. Which of the following statements is/are true?

A. It's too late for me as the damage is beyond repair.
B. It's hopeless. I've tried, I've failed and I'll die a smoker.
C. This just isn't the right time to try to quit.
D. I need to take time to plan ahead if I'm to succeed.
E. I can't quit alone. I'm waiting on a magic cure.
F. None of the above are true statements.

14. Which of the following statements is/are true? Recent medical studies have found evidence that ...

A. nicotine "promotes" cancer.
B. nicotine accelerates tumor growth rates.
C. nicotine causes artery plaque buildup to be nourished and fed with its own blood supply.
D. nicotine may cause chronic depression in humans.
E. within just 30 minutes of walking into a room containing smoke, the Teflon like lining of the non-smoker's arteries (endothelium) begins to sustain damage.
F. nicotine destroys brain cells and gray matter associated with learning and memory.
G. All of the above.
15. According to a May 27, 2004 report by the U.S. Surgeon General, smoking nicotine has now been linked to ...

A. cancers of the oral cavity, pharynx, larynx, esophagus, lung, bladder, stomach, cervix, kidney, and pancreas and to acute myeloid leukemia.
B. atherosclerosis, heart attack, coronary heart disease, stroke, abdominal aortic aneurysm, periodontitis, reduced bone density, cataracts, lower surgery survival rates, reduced immune response, peptic ulcers
C. chronic coughing, wheezing, pneumonia, chronic bronchitis, emphysema, respiratory tract infections, reduced lung function, and other forms of chronic obstructive pulmonary disease (COPD)
D. all of the above

Answers

1. Nicotine has an adult chemical dependency rate of about 90%, a rate roughly six times higher than powdered cocaine
2. All of above are true
3. 87% - Science is finding that most smokers became addicted to nicotine far quicker and while smoking far less nicotine than previously believed
4. Just 72 hours! Nicotine's half-life in the human body is about two hours and within 72 hours it will all be either metabolized or excreted. Please note that if you put any nicotine from any source back into your body (even one puff or one piece of nicotine gum) that you must again endure the entire 72 hours of physical nicotine withdrawal in order to again become nicotine clean.
5. Physical withdrawal peaks within 72 hours and your body's physical adjustment to the absence of the 4,000 chemicals present in every burning cigarette is substantially complete in 10 days to two weeks.
6. 1- Quitters in a 1998 study titled "Coping in Real Time" were experiencing an average of just 1.4 crave episodes by day 10. Keep in mind that this one crave will be less than 3 minutes in duration.
7. 1 puff - The nicotine addict's brain became permanently altered the first day that smoking was no longer a matter of choice and regular nicotine feedings became mandatory.
8. Nicotine causes the brain to release adrenaline, which in turn pumps stored fats and sugars into the bloodstream providing instant energy. Each puff of nicotine was your spoon allowing you to skip meals without experiencing a host of wild blood sugar swing symptoms that include mind fog and hunger related anxieties.
9. One day at a time - If necessary focus on just quitting for one hour and then celebrate! Soon the hours will gradually begin to build. Develop a philosophy that allows you to see each day as a full and complete victory in and of itself!
10. A - You don't need to give up anything else during recovery except nicotine.
11. F – It is normal to experience all of the above phases
12. Caffeine - Nicotine doubles the rate by which the body depletes caffeine. You might need to consider a caffeine intake reduction of up to one-half.
13. You've always been able to quit but instead of learning "how" to quit you probably spent lots of time being deceived by those peddling quick fix magic cures that were no more effective than an uneducated quitters chances of quitting on their own! The key to permanent freedom is in obtaining a quality quit education so as to allow you to master your addiction. Aside from education, you'll need a bit of raw determination (which you've always had), a healthy positive attitude, a bit of quit patience, and probably some source of personal or professional support.
14. G- All of the above. These findings have all been recent.
15. D – All of the above

*Adapted from http://whyquit.com/whyquit/Quitting.htm