

1

**You dip
or chew**

2

**Nicotine
quickly goes
to your
brain from
tobacco juices**

3

**You feel
relaxed &
good**

4

**Your nicotine
level falls
quickly
afterwards**

WHY QUITTING IS HARD

5

**You feel a
craving for
another dip
(nicotine)**

6

**You think,
"I want a dip"
or feel
irritable/restless
without it**

**← Cycle
starts
over**

