

Critical thinking paper draft and self- evaluation



Client's 3 June There are many people across the globe who injure themselves, they do this knowingly. Smoking is a ic example of inflicting self injury.

Smoking is injurious to health and this is a well known fact, I have been smoking for quite some time now and I would like to quit and in order to do that I need to have a lot of discipline. I have been trying new ways and methods to discipline myself.

I completely understand that smoking will eventually damage my lungs and to quit smoking I have been watching videos which clearly show how dangerous smoking really is, the other day I saw a video of a man who was coughing incessantly and I saw him bleed and this really scared me to an unprecedented extent.

I am completely motivated and geared up to stop smoking, I remember I smoked for the very first time when I was young and I knew nothing about the damage which smoking could cause, I got to know about the damage only later on and I have been trying hard to quit but the temptation always lingers on and it is quite hard to stop it but this time around I am going to do it and I have already been quite successful.

I do not even remember the last time that I smoked and this I think is really a big achievement for me and I am going to carry on and completely stop it because I have realized that it is really dangerous and can cause lung cancer, I have already seen enough pain and suffering in those videos. Those videos have been really useful and have motivated me to quit.

Chewing gum has also helped me a ton, whenever I feel the urge to smoke I start chewing and this has been of great help to me, the urge to smoke goes away as soon as I pop it into my mouth and the urge to smoke instantly goes

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away.

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This idea was first suggested to me by a good friend and I tried it and it works like a charm for me, the first time I tried it and I was very happy with the results and I knew this was going to save me, I have bought several gums to help me quit.

These are a couple of ideas that have really helped me, discipline in life is really important and I have realized this very late but I am going to follow it till my last breath, I have also understood how difficult it is to give up on vices. Developing bad habits is very easy but there is no way out and only the most determined of all men can actually get out of those bad habits. This is a very useful lesson that I have learned and it will stay with me forever and I will also follow it every day so that I do not develop any more bad habits.

Going to the gym has become my passion in the recent past and I completely enjoy going to the gym, it again motivates me to quit smoking and to lead a healthy lifestyle. I have also started eating vegetables so that I get the right nutrition and right nutrition is extremely important to live a healthy life and to be able to complete the daily chores effectively.

I have always been fascinated by men who have good bodies and I have

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always wanted to have a good body, I knew that people who smoke would not be able to do cardio properly because they just would not have the stamina to do it and this is why I realized that it was high time for me to quit and to start living a healthy lifestyle and I have finally started doing that.

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Self Evaluation

I have been quite successful thus far and I have promised myself not to ever smoke again, I go to the gym everyday and I have also started eating raw vegetables, these changes have been a blessing for me. I have started living a great and a healthy life and I will continue to do so and I have also started helping my other friends who smoke and who do not understand the importance of living a healthy life, I have also started showing them videos so as to motivate them and to make them give up on smoking.

Works Cited

Nicorette Gum (2012). How Does it Work? Web, N. P. Retrieved from: