

Jackie Pullinger Approach

Jackie Pullinger, who works mainly with Chinese heroin addicts in central Kowloon, Hong Kong, successfully uses a method of recovery similar to that of Teen Challenge.

She uses the cold turkey method of withdrawal in a small room with two Spirit-filled Christians, who help the addict through withdrawal, pray for him or her, and introduce him or her to the gospel of Jesus Christ. She seeks to get the addict quickly converted and filled with the Holy Spirit.

She cares for them in the Christian community, where they experience love, acceptance and forgiveness, and she keeps them well occupied in various ways.

Benefits of Quitting Smoking

1. *You are free, you are not hooked anymore on cigarettes. It gives you a new feeling of freedom and achievement.*



2. *Every breath I take feels so clean and refreshing.*

3. *I'm not tired during the day...yet I sleep like a rock at night.*

4. *I have more stamina, endurance, and confidence*

5. *My heart feels relaxed...like it can do more work with less effort now.*

6. *My clothes don't stink anymore.*

7. *No more coughing.*

8. *Less heartburn and indigestion.*

9. *No need to worry about attending events where I can't smoke.*

10. *I spend money on my health now, like working out at a health club, instead of on cigs.*

11. *I don't feel like a hypocrite.*

12. *No more guilt about exposing family and friends to second-hand smoke.*

13. *My anxiety level has gone way, way down.*

14. *I'm eating better--I used to substitute cigarettes for food a lot.*

15. *I can smell again.*

16. *My complexion is better.*

17. *Fresh breath and whiter teeth.*

18. *Sharper thinking.*

19. *Pride of myself.*

For more information please go to our website at <http://christ-education.blogspot.com.au>



Smoking is the biggest cause of preventable deaths. Heart disease, lung cancer, oral and other cancers, chronic obstructive pulmonary disease (Emphysema), dental disease and female pregnancy and fertility problems are commonly seen in smokers.

Fortunately smoking is on the decline in the Western world, but it is not in developing countries. Again, the West has imposed and marketed its malign products onto a guileless and ignorant civilisation! Most who smoke begin smoking before 20 years of age.

Smoking is one of the most addictive substances and giving it up is difficult. Quitting requires determined effort, with most having five attempts to stop before succeeding. The health benefits from quitting far outweigh risks associated with weight gain.

Smokers who quit abruptly and completely have success rates approaching 50 percent. Cold turkey hurts the most for the least amount of time!

Heavy smokers who have made several attempts to stop need a formal addiction recovery program, as with other addictions. Nicotine withdrawal symptoms include nervousness, irritability, stomach disturbance and loss of concentration.

Nicotine replacements, such as nicotine skin patches, increase the chances of quitting.

Various groups and organizations are available to help those desiring to stop smoking such as, *Smokers Anonymous, Quit, Quit Now, Smoker's Hotline and Quit Hotline.*

How to quit smoking?

Those not so heavily addicted can often prove success by using the following steps.

- *Keep a smoking diary, to alert you to situations that trigger the desire to smoke.*
- *Develop other coping strategies, such as delay, deep breathing, and drinking lots of water. The Christian can practice the presence of the Lord and use Bible meditation.*
- *Choose a date within the next 2 weeks, so you have enough time to prepare without losing your motivation to quit. If you mainly smoke at work, quit on the weekend, so you have a few days to adjust to the change.*
- *On the appointed date, throw away all of your cigarettes (no emergency pack!), lighters, ashtrays, and matches. Wash your clothes and freshen up anything that smells like smoke. Shampoo your car, clean your drapes and carpet, and clean your furniture.*



- *Let your friends and family in on your plan to quit smoking and tell them you need their support and encouragement to stop. Look for a quit buddy who wants to stop smoking as well. You can help each other get through the rough times.*
- *Your doctor can prescribe medication to help with withdrawal and suggest other alternatives. If you can't see a doctor, you can get many products over the counter at your local pharmacy or grocery store, including the nicotine patch, nicotine lozenges, and nicotine gum.*
- *Avoid smoke-filled settings. At home ask people to go outside when smoking.*
- *Eat low calorie snacks and have a healthy diet. The diet should be low in fat. Eat lots of vegetables and fruit.*
- *Commence and maintain a simple exercise plan. For example, walk every day one hour outside at daytime or going to the gym.*
- *Find a prayer partner, at church or a friend, and ask him or her to pray daily for you. Be accountable to the person and report daily how you went. Remember the first 3 month are critical. After the 3 month it will become easier and easier and soon you will not have any desire to smoke again.*
- *Reward yourself, in various ways and have a positive attitude. Don't give up.*

Teen Challenge Approach

The very successful Teen Challenge approach to drug addiction is based on three therapeutic factors.

- *Redemptive love - introducing the person of Jesus Christ.*
- *Relational confrontation*
- *Relearning new patterns of behaviour*

The five steps to wholeness adopted by Teen Challenge are the following.

- *Reborn in Spirit*
- *Restructured thinking*
- *Refocused emotions*
- *Remove bitterness*
- *Reproduction of yourself (new self) in others.*

The Teen Challenge program covers twelve months rehabilitation, as follows.

- *Enlistment (four months)*
- *Discipleship (six months)*
- *Training (nine months)*
- *Re-entry (after 12-18 months)*

Some 80 percent of persons are lost within three months because of the cold turkey approach, family, Christian input, and lack of motivation. About a third return in one to six months.

Some 86 percent are drug free at the end of the 12 months program.