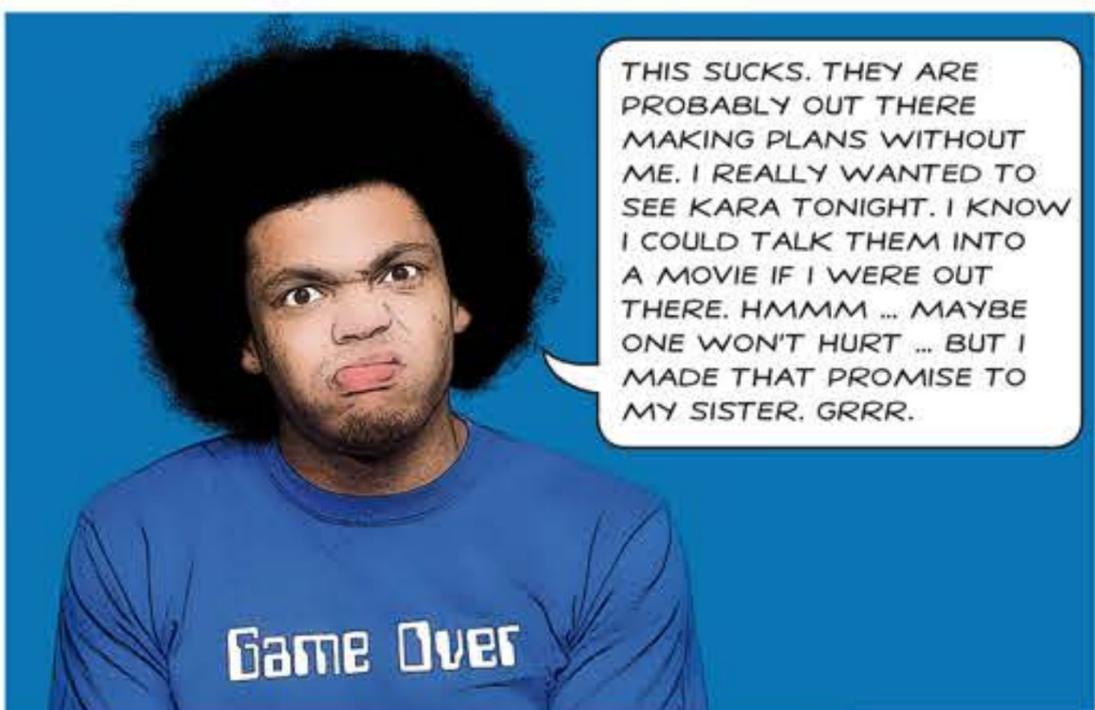
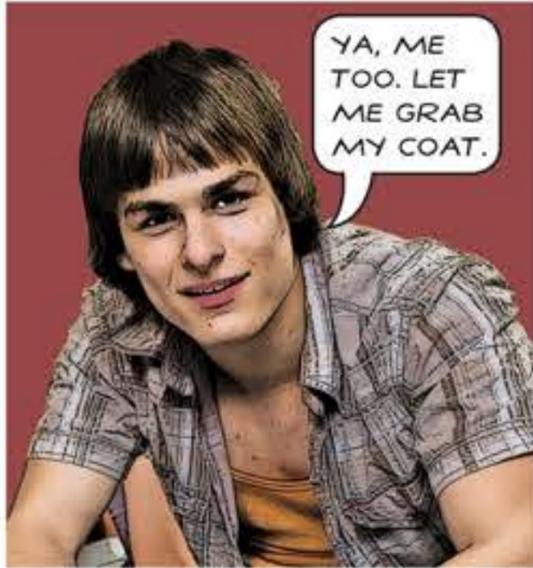
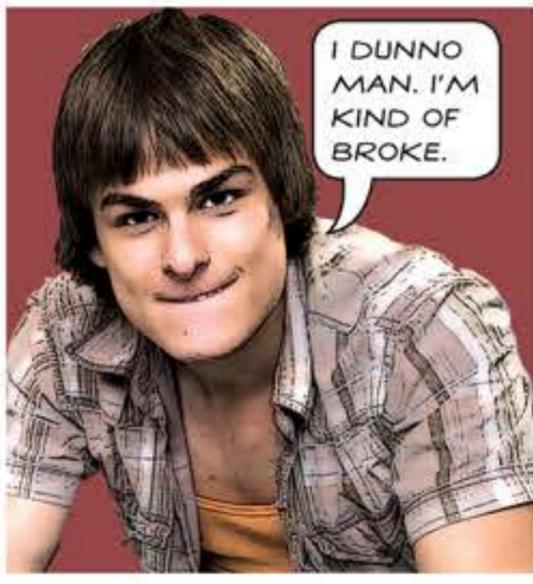
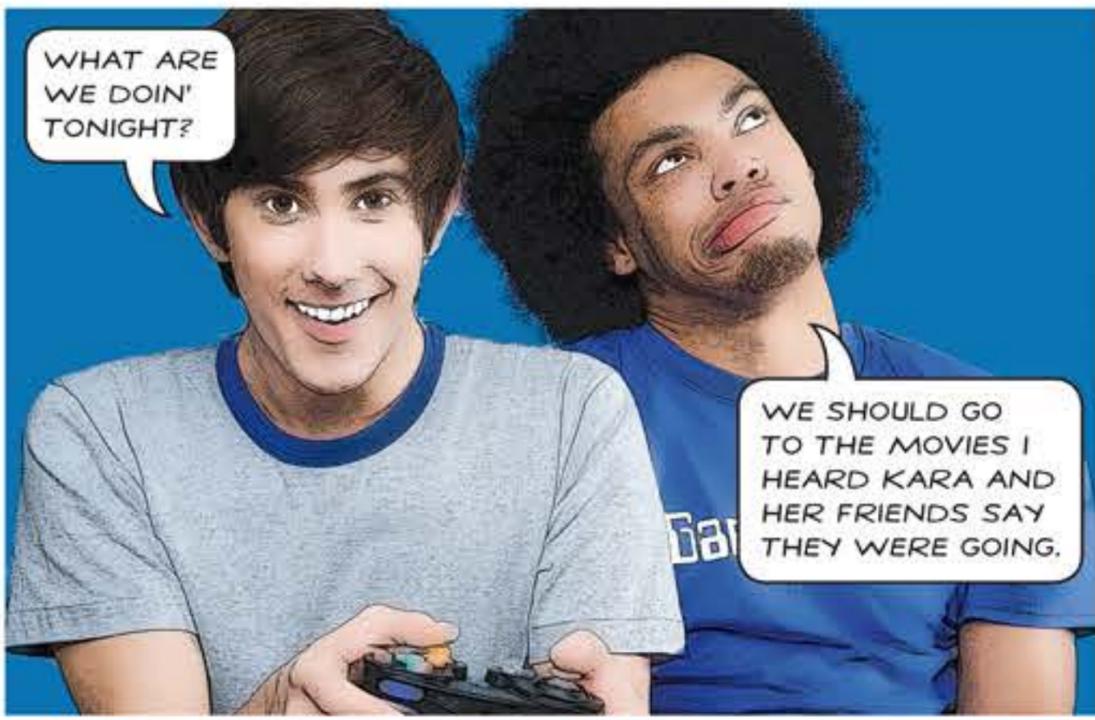


# TRIGGERS: FEELING LEFT OUT

ISSUE 10



**LET'S REVIEW:** NO ONE LIKES TO BE LEFT OUT, ESPECIALLY WHEN YOU'RE THE PERSON TAKING YOURSELF OUT OF THE SITUATION. IT'S TRUE; WHEN YOU QUIT SMOKING, SOME THINGS CHANGE--STANDING OUTSIDE WITH YOUR FRIENDS WHILE THEY SMOKE MAKES IT HARD TO STAY QUIT, BUT HANGING BACK CAN BE UNCOMFORTABLE TOO. YOU MIGHT FEEL EXCLUDED BECAUSE YOU MISS OUT ON CONVERSATIONS OR INSIDE JOKES. BUT ARE YOU OVERTHINKING THINGS? TAKE A STEP BACK. CHANCES ARE, A LOT OF THESE

WORRIES ARE JUST THAT--WORRIES AND NOT REALITY. JUST BECAUSE YOU AREN'T SMOKING ANYMORE DOESN'T MEAN THAT YOU DON'T COUNT. TRUE FRIENDS WILL INCLUDE YOU WHETHER YOU SMOKE OR NOT. IF THEY DO TREAT YOU DIFFERENTLY, IT MIGHT BE TIME TO START SPENDING MORE TIME WITH NON-SMOKING FRIENDS.