

A picture of misery: the truth about smoking, in smokers' own words

Verbatim Responses

No Smoking Day

2002

In research conducted in October and November 2001, smokers were asked "If you had your time again, would you smoke?". 83% said no, and they were then asked why. Here's what they said, in their own words.

- With what I know now I would not start.
- It's horrible, disgusting.
- My mother has had illness due to smoking – worried about effect on children.
- Think of the money I could save.
- Very difficult to give up - not looking forward to withdrawal symptoms.
- Bad for health, too expensive, very hard drug to give up.
- Now there are health reasons why you shouldn't smoke, and these are at the fore. It was the fashion to smoke when I started. When the children got older that's when I started to smoke and I became reliant on them.
- For my health.
- Damages your health - too dear - not a very good habit.
- Because it's so hard to give up. Wish I hadn't started.
- Smoking is no good for your health.
- Expense and health.
- Health reasons.
- I was 21 yrs old when I started in the Army. I regret the day I picked a cigarette up.
- Cost and health reasons.
- It's a disgusting dirty habit and not very good for your health.
- To safeguard my health and to save money.
- Because of my health and I cough a lot.
- So that I could save money and my health could be better.
- Because being a nurse I have watched so many people die from lung cancer, why did I start? I would not do it again.
- I wish I had never started.
- Because my dad had chronic chest problems - one lung - and I've seen people very ill because of it
- Money, and health.
- Health wise and money wise I disagree with it. Just wish I hadn't started it.
- Because I was very fit before I started smoking and now I am not - but at the time all my peers smoked, but they don't now.

- Would crave a cigarette if never started.
- I only started after my husband died suddenly and someone offered me a cigarette and I've been smoking now for 30 years.
- It's the cost and a health hazard.
- When I started it was the thing to do. Health was a consideration - felt awkward if you didn't smoke socially
- Health reasons mainly, also fairly anti social these days to smoke.
- Bad for my general health.
- Bad for your general health.
- Not a nice habit, not good for health, unpleasant smell.
- It would have prevented an addiction.
- Because it is bad for you, expensive and dirty.
- You are a social outcast if you smoke today.
- I can see problems which later occurred.
- Because it is very addictive.
- Because I would know better next time.
- It doesn't do me any harm but it doesn't do me any good.
- It's a horrible habit. It makes you smell, people nag you to stop
- Health, money.
- It was a bad mistake really, so hard to stop. I try to tell kids to stop but people used to say that to me and I thought I could give up whenever I wanted.
- Boyfriend's granddad just died of a smoking related disease.
- I didn't want to in the first place but my friends pushed me into it - took it to be sociable, aged about 30
- If you never smoke you never have to give up and then you wouldn't have to have the effects of smoking and have to deal with that.
- Lot better off financially and probably health wise.
- It was 60s and the in thing, just the trend and if you didn't you were the odd one out - just running with the sheep.
- Because of the effect it has on your health and general fitness.
- Horrible really when it boils down to it - just say you can't taste things properly and it is right when you stop smoking things taste a lot better.
- Because it is a terrible habit – filthy, a bad habit, not a nice habit but I enjoy it.
- I think it was just health, cost - and peer pressure at the time made me start.
- Waste of money.
- Because it's bad for me.
- Well it's addictive, hard to kick the habit.
- Far healthier and spend less if you don't smoke.
- Because I had warning with my father who suffered a heart problem and he stopped from 100 a day to zero.
- Health reasons and bad habit.

- Filthy habit.
- Filthy, no good for you.
- Health risks.
- Sorry I started with what I know now.
- The stink and money.
- Because of what I know now.
- Money is wasted.
- Dirty habit and I still don't like smoking.
- Bad for your health.
- Years ago they were cheaper - it is getting too expensive now.
- It's the cost really; also it is a dirty habit.
- I wish I'd never started - you feel that you are excluded, you feel an outcast. Also it's bad for your health.
- The cost. It has caused me arterial sclerosis in my left leg. It is an addictive drug.
- Don't know why I say it – don't know, bad luck.
- Don't know - smoked because everyone else in household smoked and seemed the thing to do. Didn't know any different.
- Don't know - cost too much.
- Health reasons.
- Unfair on family - health reasons, subjecting them to smoke and it's anti social. It's almost as bad as taking drugs.
- Save myself some money.
- Bad for health.
- Not good for you.
- Health and money reasons - costs a fortune.
- No reason, just would not.
- Will kill me in the end if I don't stop.
- Not good for my health.
- Bad for my health.
- Health and cost reasons.
- Daftest thing I have ever done. It costs too much, is bad for your health and a bad example to kids.
- It is just a bad habit.
- Health, cost, social stigma.
- Probably got a bit more sense now I'm older.
- Anybody who starts today knows of the down side. When I started nothing was said about health side.
- Health and cost concerns.
- Don't even like it. Only have couple a day – don't know why I do it – I go for days without and then go out and everyone else is smoking and I think: "I'll have a fag".

- It is so still down to you and once you start it's a drug especially if you get a bit of pressure. If they banned it everywhere a lot of people would have to stop. Get wound up think I need a fag and that's it. Because wouldn't find it difficult to stop if never started.
- Chest problems and general health.
- Realise not good for health and expensive.
- Wouldn't start smoking - would have been fitter.
- Was pressurised by peers but regret it.
- For health and financial reasons.
- It's all pointless really.
- It's expensive for a start, and there is a risk.
- I would probably get that new motorbike if I didn't smoke, I would be a lot fitter.
- I didn't start till I was 21; I wouldn't smoke for health and financial reasons.
- I think I would have better health if I didn't smoke and I would have more money in my pocket.
- Health reasons, running and playing aquas are incompatible with smoking.
- I hate the way I smell and having to lie and as a asthmatic I shouldn't and it costs too much. Antisocial.
- A lot of deaths related to smoking, drains NHS, costs a lot and is anti social.
- Not knowing how bad it is and now seeing the effects on health.
- Only got one life - got to enjoy it.
- Because it has an effect on my health. I'm not as fit as I used to be.
- Don't like it.
- Just wouldn't - it's a dirty habit and a waste of money.
- Because it's expensive, you're not allowed to do it anywhere and it smells.
- Because of the cost.
- Well the cost really. In the old days, it didn't matter (the cost).
- It isn't good for your health, and soaks up a lot of money.
- Because I started at 16 with no knowledge and now knowing would not have started.
- Expensive, filthy habit, antisocial.
- Because I hate it, my children keep telling me to give up.
- Health reasons.
- Bad for me and costs a fortune.
- Health, money.
- It is a dirty and bad habit.
- Because I started when I was 11 and could not get off it but when I stopped I put too much weight on and decided to start smoking.
- Destroys your health.
- Give up.
- Health.

- Habit.
- Health.
- Expense.
- Too difficult to stop.
- Mainly money reasons.
- Because it's so difficult to give up plus the health risks as well.
- If I had known the price of cigarettes I would not have.
- Because I've regretted it ever since I started.
- Because it's a bad habit. Bad for your health.
- The expense, the smell, the health, anti-smoking, the long-term effects like wrinkles. I never thought I'd be addicted to anything.
- For health reasons, it's bad for you.
- Cos it costs too much.
- It was a big mistake, I think of all the money I've wasted and all the health problems I may have in store to me and the damage I've done to other people.
- I don't know, I don't think I would. I suppose if I didn't smoke I'd be healthier.
- It's bad for you. It was as a teenager that I got into smoking - it was the craze at the time, and I know it's bad for your lungs and fitness.
- You know that once you get into it it's habit and not starting is the best policy.
- Money is the biggest consideration.
- I just copied the rest.
- Cost & risk to health.
- 1.for my health 2. Too expensive.
- No definitely not, I know they are no good for you.
- No I wouldn't - I just wouldn't - if it hadn't been for working in a factory during the war I wouldn't have started.
- I would not then have the problem of trying to give up.
- It's a bad habit and it is expensive.
- Because it is expensive and can affect your health.
- I do not like it, smell.
- It's horrible and a waste of money and I hate to see women smoking.
- Because of health and cost implications.
- Health reasons.
- Bad for health.
- Cost and bad for health.
- Not good for you.
- Stress started me smoking.
- Health reasons.
- Not enjoyable, can't miss it.

- Because I just wouldn't, it's like an addiction, if I could run it again I would never start smoking.
- Cos I wouldn't, it's addictive, easy to start not to finish.
- Well I started when I was 15, cos my mates were doing it, and I've smoked ever since. The price of them as well, nearly £5 a packet now. I just would never have started if I'd known how hard it is to give up
- Because it's a bleeding disgusting habit.
- Just one of those things, just wish I'd never done it.
- Cos it's horrible. It has all your money.
- Because I never smoked until I had children - because it's too expensive now.
- The reason I started was an ego thing - your mates did it and you go along with it.
- Because my family don't like it and it makes you unfit and it's becoming antisocial.
- Because I really regret it, because it's bad for my health and it's expensive.
- Don't know, I know I wouldn't smoke. It's just a habit really, it's a drug, it's hard to give up, I tried several times, it's an irritation to others. Just for health reasons, it's got to be, well, you feel a lot fitter, better appetite.
- 1 it's expensive and 2 it's not good for you. I was 18 when I started and that was just through a friend giving me a cigarette, I shouldn't have taken it.
- Don't know.
- It costs too much; you get too addicted to it.
- Mainly because of health and would miss it.
- Waste money.
- Bad for health and it's addictive and discolours teeth.
- Because I now know it's bad for my health and it is expensive.
- Health reasons.
- Because of health.
- Health and financial reasons.
- Would feel healthier.
- Cost and health.
- It slows me down and makes me cough.
- It's bad for your health so I wouldn't start again.
- It's obvious it's harmful but we weren't told when we were young.
- I probably know deep down it's bad for me. We didn't know back then.
- Mainly health reasons and cost and it's anti social.
- Know more about the effects of smoking.
- Because it's hard to stop and obviously I'm affecting my health but it started at school with peer pressure.
- Um I've got to say financial reasons also it's really connected to health if I'm honest.
- Because it's a filthy, ridiculous, dangerous habit.
- Because everyone smoked then. I enjoy smoking it's a stress reliever and when I packed up I put a lot of weight on.

- Same as if you are an alcoholic and I enjoy smoking.
- Because I don't particularly like it. It doesn't do your health any good.
- Because I regret the addiction. The expense, it's completely unnecessary. There should be more information about the addiction beforehand.
- I was 12 years old and I was influenced by others.
- I started to smoke because of stress with my husband's job. I wish I had not started.
- Too expensive, not very good for your health, it smells.
- Better health reasons.
- It cost too much. Well I would have felt healthier presumably.
- It's expensive, not healthy everyone knows that.
- Because if you've never smoked you would never have missed it.
- Because it's very addictive, it's probably worse than being a heroin addict; it's also very expensive. There's a whole load of reasons actually.
- It's a horrible, disgusting habit.
- Because it kills you, it shortens one's life.
- Because I know it's not very good for me.
- I was young. When my folks had passed away my peer group and work encouraged me to smoke. I rebuke my son for smoking so I wouldn't let it happen to him.
- Save a lot of money, do not suffer from smoking. Packed up for over 20 years then restarted due to pressure of a personal nature.
- Because I know it does not do me any good.
- Because I think it is an unhealthy and filthy habit.
- I like to be healthy.
- For my health, stunted my growth.
- Because of what you lose out on in life by smoking, health, energy, cost.
- Not smoke for fear of getting an illness. Currently have Prostrate Cancer and feel it could have been brought on by smoking.
- Expensive habit.
- Expensive, anti-social, health risk.
- I know now it's now not good for me.
- It is not good in any way, that is why I would not start.
- Um why did I say, because I wish that I had not started, I would not have to stop, I am full of self-loathing, it's a bad habit.
- Cause worried about health, problems I am getting with legs and arms is to do with blood not flowing, nicotine blocking up arteries.
- Because in half a year I will not be able to stop smoking. Smoking prevents a lot of stamina it's not good.
- Better for you not to eh?
- I don't know, it's very expensive, not good for running for the bus, for the body.
- No real reason.
- Would have saved a fortune and I am not as fit as I should be.

- Bad for my health.
- Prefer not to be nagged, bad habit, bad for my health, dad ill with smoking related illness.
- Too expensive, that's the main one to be honest.
- Wish I wasn't a smoker.
- It's addictive.
- At the time I started smoking was not considered bad.
- Waste of money.
- Because it is addictive and harmful.
- Too expensive.
- Because I know it is bad for my health.
- My chest is probably black!! I would be healthier.
- No plus points - stained teeth, blackened lungs, bad arteries, etc.
- I realise that smoking has got a hold on me and is bad for my health.
- The harm a cigarette can do, I realise that I am throwing away my money to kill myself!!!
- Because it disgusting, smelly and horrible. Bad for your health.
- Horrible habit, bad for health, stinky, passive smoking bad for others.
- Cost I suppose.
- It costs so much.
- For health reasons.
- Because started smoking later in life and now enjoy smoking with associated recreation.
- Saves money.
- Parental rebellion.
- Effect on my children, smell, not good for you.
- Everyone understands the dangers and problems nowadays.
- I wish I never started smoking for umpteen reasons.
- Because of health and financial reasons. I just wish I'd never stuck a cigarette in my mouth.
- Because it kills you and is an antisocial habit.
- Health reasons.
- Because it's expensive & bad for health.
- Cost me a lot of money - my health would be better.
- Think back to the thousands of pounds I have spent.
- It's not good for you.
- Don't really like smoking but got into habit.
- Expensive, antisocial, bad for health.
- Not good for health.

- Not good for health.
- Affected my health.
- I fell into it - by people around me.
- Money it's cost me - I've not had any smoking related illnesses at this time; it's financial - think of thousands I've spent.
- Because no good for health - think of money you've spent.
- It's not doing me any good.
- I lost my mother to cancer.
- It's just a waster.
- You see what it can do to people, but it's so difficult to stop.
- Health/expense.
- Started under pressure from stressful job at times.
- Better for health.
- Old head, young shoulders.
- Just one of those things.
- What I have been through illness wise there is no way I can stop. I am completely hooked but I have had a hard life and been forced into it.
- Total waste of time - nothing good about it.
- Because I am unhappy smoking. I shall give it up. I am determined but I am not busy enough at present, stuck at home with tia. When I am back at work I would be occupied. I am definite about giving up very soon. When I get a cold it turns to bronchitis.
- It all stems from when you are younger - I started smoking when I was in the forces and it carried on from there. I am just puffing not inhaling.
- It's cheaper & healthier. Its anti-social.
- Money, they are very expensive. It may improve my health a bit. It would help me be able to run. The smell in your house.
- Because it is so addictive.
- The cost of the cigarettes, and to improve my health.
- It's so expensive and habit forming. It is a difficult habit to break.
- It's bad for my health. I just cannot stop.
- I hate it. I wish I had never started, but find it very difficult to stop.
- I started because of peer pressure at school. It is now very expensive but I do not want to give up.
- For health reasons really.
- Expensive, not good for you.
- Too expensive and bad for your health but the biggest reason is that it is addictive
- Affects my health, my son's health, my finances.
- Addictive.
- Not good for me.
- Just because now I have to give it up, and it would have been easier never to have

started.

- I think it is bad for you health wise, when I started smoking it was during the war, I was even given a ration.
- Because I'd smoked since I was a teenager and when I had the children I gave up.
- Because it's a drug and once you've started it's very difficult to stop.
- I can't stand it; I keep trying to give up.
- For health reasons, cost, to avoid future health problems. It's a waste of money.
- Because it's a bad habit, not good for you, very addictive.
- It is an idiotic thing to start to do.
- Because of the health problems that smoking causes to the smoker and others.
- Not good for your health but I have learned that late.
- Because although it's not an addiction it's if I never ever smoked I wouldn't get the urge. I only smoke on a small level when I go to the pub.
- It's a very addictive habit which I find very hard to stop.
- Too expensive.
- Because when I started I wasn't addicted but now I'm addicted and realise how much I spend on it.
- For the small amount of pleasure it gives me, it's not worth the hassle I get.
- Because it's addictive.
- Can't afford it, health.
- Because of the money, the aggro it's caused, I would never have started if I'd known what I know now.
- Not any good for your health.
- Don't do your health any good, too costly
- Cost and the fact that it is addictive.
- I regret having started but do not have the power to give up. I enjoy them. I feel I need one little emphasis to help me.
- Because I wouldn't now.
- Because it's smelly, it's an addiction, not fair on the family.
- I'm sure it's detrimental to your health and it's anti social.
- For health reasons.
- Because I spend too much money on them.
- If I knew then what I know now.
- Because I don't particularly like it; I think it's disgusting really.
- Because it's affecting my health.
- Because it's the hardest thing to give up.
- Umm I would be richer.
- Because now when I was younger we never had this feedback. They just said it was not the right thing to do, but we get this feedback today. When I was young even the doctors didn't point out the harm smoking does.
- Bad for health/addictive.

- Addictive.
- Because of health risks.
- Takes too much money.
- Damages your health.
- Because of the way I feel I'm 45 I have a bad chest and the rest.
- I don't like smoking, my children don't smoke and it's a gone a bit too late for me to stop smoking.
- Because I know it is bad for my health and financial reasons and if you don't start smoking you don't have to give up.
- Because health reasons.
- Because it costs too much money and it does do you damage at the end of the day.
- Because I would not I hate it. Everything about is disgusting, it is killing me. When you start when you're a kid you think you can stop. I have tried so many times to stop I have seen myself crying.
- Mainly health, out of breath.
- Because it starts to catch up with you - problems in later life.
- Health reasons mainly, now know the dangers better education these days.
- Just money, health.
- Because I can't stop and am addicted.
- It costs a fortune and it makes you cough.
- When you see what it does to you, and it costs a fortune. You shouldn't start.
- I always hated it and I was forced by peer pressure to smoke.
- Because of health problems I have now - it is dirty, smelly and I wish I had never started.
- I got hooked on them once I started.
- It is a filthy habit and I wish I had never started.
- Health reasons - not fit.
- Expense, health.
- Price.
- Waste of money.
- Health.
- I have seen my mum suffering.
- I would be a lot fitter.
- Better informed now, it was just the fashion when I was younger.
- Knowing all the risks that I know now.
- For my health's sake, also would be more beneficial to my skin, also would have more money instead of now. Well looking back I realise I should not have started because it is really easy to get hooked and really difficult to stop.
- Feel it's a dirty habit. Have never been in hospital but not good for your lungs. I know that and I wish I'd never started as a boy but everybody did it, made you same as others - but makes you smell and clothes smell a bit too. Not too bad now as only

smoke couple a day.

- Waste of money - well it is. Look what I have spent over years on cigs not working at moment so no money. Even less because I'm smoking so a waste of money.
- Felt other people helped me get started smoking - Dad smoked so did friends, think if in with a crowd smoking not easy not to join in. If came from a non smoking family might never had started so nowadays not left feeling I should give up. Quite happy smoking at moment but not looking forward to day when will maybe have to give up.
- I started at the end of the war. It was in all the films, it was the thing to do but I think I would have better lungs if I didn't and it's so expensive for something that does you harm. It's stupid it's just a drug. You hear so much about smoking related illnesses but when I started there was none of these but now it's become a bad habit. I wouldn't encourage any young person to take it up.
- I wish I hadn't started. It's easy to get into but difficult to get out of. I'm only 40 and I do get breathless quite quickly I could spend my money on better things and maybe my kids wouldn't smoke if I didn't.
- It's something I wish I didn't do but it's hard to give up. It's unpleasant, it's not nice to have a house smelling of smoke and it's not good for health. I think because I'm young I can get away with it.
- Because you moan about them on drugs but they're an addiction an all. You'd be better saving your money. I'd be better in my general health. When I did stop for they three weeks I could smell better, could taste food better.
- Because of health reasons.
- Cost, health issues, it smells.
- When I started to smoke there was not the same information about the health risks.
- I used to enjoy sport and smoking curtailed this.
- It was cheaper and friends did it.
- Because of health problems and implications.
- Because of the health risks highlighted these days.
- I know it endangers health.
- Dreadful habit, hard to break, only good thing is it keeps midges at bay.
- Because I know now what it does to you - it stains your teeth, damages your health and burns holes in your lungs, and you save a lot of money if you do not smoke.
- Health and financial reasons.
- Because even though I smoke I am not passive. I know it is bad in every way health and price.
- I just wish I had never started in the first place.
- Not with what I know now about how dangerous it is for your health.
- Health wise - because my mother's health is so bad because of smoking.
- Because I cannot afford to smoke, it is too expensive.
- Hindsight, health etc.
- Drug - hard to stop- cost.
- For health and financial reasons.
- Because of danger to health.
- Because it might affect my health.

- Because of health and expense worries.
- Because of health.
- Because it is bad for the kids, bad for me, it costs too much, there's just nothing nice about it, except that I like it.
- Probably I would have saved money if I hadn't started in the first place.
- It's the worst thing I ever did in my life.
- I think it's expensive now, and your money just goes. I do enjoy it though.
- Because I don't like it and it is a bad habit.
- Other children made me smoke at school - peer pressure.
- It just makes you gasp for cigarettes, so I'd rather not be that way.
- Been a lot better off financially, probably would not have had angina, but maybe still would. Can't go upstairs to hairdressers anymore so probably would have been able to if angina hadn't affected my breathing.
- Health reasons and expense.
- Just followed my friends - intimidated by them, wouldn't have started if not for them. Would never have tried on my own accord.
- Health and expense.
- It's bad for my health and turns my fingers yellow.
- Health reasons and the cost. It is bad for my health.
- The health implications.
- Health.
- Health and cost.
- Cost and health.
- Health reasons and cost.
- Health and cost.
- Cost.
- I just wouldn't. Reckon if they hadn't been on telly, I wouldn't start.
- Didn't start until I went in the army which made me do it just to be with the lads.
- Because it's bad for you and I am always out of breath. I used to be fit but I am not now.
- Because it is just stupid and cost.
- Because I am now beginning to feel the effects of it, it's a silly expensive habit.
- If I knew what I know now I wouldn't have started.
- Because I know the cost and risk now.
- Because it is a horrible and expensive habit.
- I did not know the damage it would do then.
- An expensive and disgusting habit.
- Because I was not told that it was an unhealthy habit.
- Because it is not a nice thing to do.
- Offensive habit.

- It's a killer.
- Financial reasons and ability to breathe in better air.
- Too dear and bad for you.
- Cost me a fortune over the years.
- I really don't know.
- No good for your health.
- Not good for you.
- I don't enjoy cigarettes. I just need them-they calm me down.
- I think it is a horrible habit.
- Bad for your health.
- General health reasons.
- Health reasons, and what I could have done with all the money I've spent on them.
- Bad for health.
- Regret being a smoker.
- It's dirty, health issues.
- Health problems.
- Addiction.
- Dad died of lung cancer.
- 1 expensive and 2 difficult to give up - more addictive than heroin they say.
- Would not want to do it - better for me.
- Costly and although not too much damage –smelly, can't seem to get rid of smell.
- Started smoking at 8 - bad crowd - peer group pressure.
- Because I was very young I did what everyone else did.
- Knowing what I know now and the price; no.
- Financial; rather than health reasons.
- Is bad for your health because it can kill you.
- Because it is not good for me.
- Sorry I do now.
- No good for health.
- Cost and bad for your health.
- Expense and danger.
- Horrible but can't stop.
- Too hard to stop.
- I regret it now because I can't stop it.
- Price and money would have saved, and health reasons - I have asthma.
- It's addictive, it's peer pressure. Well now I know all risks, did not know as much and there have been deaths in family caused by smoking.
- Well for health, expense.

- It's very expensive.
- It's on your mind all the time and it's like getting a £10 note and burning it.
- I'd save money.
- Cost mainly.
- Knowing what I know now I wouldn't waste my money.
- Because I want to stop now.
- It's just, I don't know, I never want to smoke and because of the money. I'd be loaded, and my health.. I never wanted to start. Your friends did it, didn't they? Just that, all my friends smoked and I thought I'll try and I wish I had never tried. Health, just health in general.
- Because of the price.
- Because of the price - it's how much they are a packet a day not it's £25 a week. Because of the children -they are living in the atmosphere.
- I just would not.
- I don't know - it is not good for you and also it is pricey.
- Not now I have my child - I would not get as bad a chest if I had not started smoking.
- Don't understand it, is an addictive drug.
- Bad habit, disgusting.
- Because I know how hard it is to give up.
- Cost and health.
- Cos I wouldn't – it's a dirty habit.
- Worst thing I ever did.
- Health, money, just wouldn't have started.
- Health reasons, money, just a dirty habit.
- Well basically because it's become a habit and if I had gone through the stress period without somebody giving me a cigarette I would not have gone back to smoking.
- Due to the price more than anything else.
- I never really started until I was 18, I've been smoking on and off and the longest period I've given up is 6 years.
- Because I think it is dangerous and very addictive.
- Because I know it's bad for me and it's anti-social.
- Because I should give it up. I would save more money.
- Because I started when I was 14 and if I think of all the money I have spent...
- Because it's expensive, it damages your health and it's anti social.
- It is not a sensible habit to get in to.
- Money reasons.
- It has affected my health.
- If you never smoke you don't miss it - it is very hard to give up because it is addictive and a bad habit.
- We all know that smoking is bad for health and bad for skin - it makes your skin look

old - and it is expensive - I shall have to stop smoking when I retire because I shall simply not be able to afford it.

- I don't know why I started smoking - I was out on a social evening - I suppose it is money up in smoke.
- Because it wasn't until I gave up smoking I got asthma. I gave up smoking at 23 (started at 12 years) - when I started smoking again it went away a bit - I am now on medication for the asthma and probably if I hadn't started smoking in the first place I would not have got asthma.
- Health reasons - no problems at present.
- Never ever. I know it's not healthy, it's pricey. I only did it to be big - like everyone else.
- I have spent a lot of money on ciggies over the years.
- Because of the stress you get about smoking, and my health would be better.
- Because I gave in to peer pressure. My grandma died of cancer. I shouldn't have started.
- It's a stupid habit to get into. It endangers your health it's expensive.
- I wouldn't get addicted to the stuff. That's all it is. I've got a habit.
- Bad for my health.
- I have asthma - not a good habit.
- Cost and health reasons.
- Cannot break the habit.
- Waste of money.
- Because once you start it's too hard to stop.
- Start smoking through your friends and it's a bad habit really.
- Because I think it is disgusting.
- Aware of great waste of money and health risks.
- Very expensive.
- I would not have become addicted to them.
- Bad for my health, expensive, stupid.
- Bad for health.
- It is silly and my children really hate it.
- Because of the cost.
- Bad for your health.
- If I knew what I know now like prices and that I wouldn't start.
- I hate it.
- Because it is bad for you.
- Because I think it's a very dangerous thing to do and it's extremely addictive, more than people realise.
- Because it's a case of what you don't have you don't miss and from then on I really enjoy it, and I think I'd be unbearable if I gave up.
- Because it isn't healthy and if you don't start you don't have a problem with craving a cigarette.

- Because although I'm a smoker it's no good to you and it's a waste of money.
- Cost.
- It has cost me a fortune.
- Because it's a waste of money and it's bad for your health.
- Did not smoke till I was 40 years.
- Health I think, when you start young it stunts your growth.
- Health knowledge.
- Influenced by air force pals.
- For health and finance.
- Ridiculous to do.
- Because of health.
- Because it is so hard to give up.
- It's a stinking habit and difficult to stop.
- It's an addiction and I would prefer not to fall in to the trap again. Better health, more money.
- It's an addition I would prefer to avoid.
- It's hard to give up. Started with family problems and have not been able to stop.
- For health reasons like my asthma that was caused by smoking.
- Health reasons, coughing and that.
- Do not like smoking.
- Wish I did not start.
- Not really a smoker just socially and now like the taste but if I never smoked would not have missed it.
- Because it damages your health.
- Waste of money; bad for health; looks bad.
- Expensive.
- It caused me considerable chest problems as a young man; -caused me to be asthmatic - doctor persuaded me to chuck it in and I did for 20 years. And I'm certainly not happy with my family smoking.
- Waste of money.
- Expensive.
- Costs a fortune, not good for me.
- Health risks and addiction.
- Because I now find it very difficult to give up and it all started as a bit of a joke really. I was about 16 or 17 and I tried one of my sisters' cigarettes - they stopped and I carried on.
- Financial.
- I didn't know when I started smoking that it could damage your health and that it is a drug.
- Because of how addictive it is.

- Because when I was at school I would have been an athlete.
- Because it's like a drug, like an alcoholic - I know it's dangerous.
- Peer pressure at school to look good, but now I realise how addictive it is.
- Because once you start it's hard to stop.
- It does affect my health and it's a bad habit.
- I now know the health risks.
- Costs too much.
- I've seen the way it can affect your health.
- Saving on money - spend it on other things.
- No attractive features to it.
- Because I think it is avoidable, some people can take or leave it and some people are addicted very quickly and unfortunately I fall into the 2nd camp.
- Bad for you.
- Because of my health and other people's health.
- Bad habit.
- More knowledge now than when I started smoking.
- Bad for my health.
- Bad for health.
- Just not nice.
- It's supposed to be bad for your health but I've been okay.
- I thought one would be enough and that would be it but then I had another one and then one again.
- I enjoy smoking.
- Now I realise the health implications and the price of it.
- Unhealthy and expensive.
- Because I think it is bad for you.
- I was very young and it was to do with peer pressure, the excitement of doing something I should not have been doing.
- It affects the health; it's very bad.
- Because it's expensive and exacerbates illnesses if one is susceptible.
- Don't know.
- Because you know the risk involved.
- Better not to start than try to give up, save some money.
- No definitely not.
- Because it's an addiction, and I think it's the only addiction I have.
- I find it addictive and I am concerned about future health problems.
- It's not healthy, smells horrible and it's a waste of money.
- Simply because of the effect that it has on my health and those around me.
- You did as a sheep; you're prompted and you just to it.

- It's bad to smoke. It's a load of cash.
- It's a habit, I wouldn't have started. It's disgusting.
- It would remove a possible risk to my health.
- Because it comes to control your life - I have a physical craving which stops me doing other things.
- If no one around me smoked I would not smoke.
- Smoking led me to drug abuse, which resulted in an injury which has left me in a wheelchair.
- Health reasons and money.
- I was so against when it I was younger, and I have regretted it ever since.
- Like to have more money, and health.
- Health reasons, seeing the effect on my father's health- it killed him.
- Because I am aware of the publicity against smoking.
- I think as with anything in hindsight it is difficult to stop once you are addicted.
- I would be a lot better off financially if I didn't smoke.
- I don't want to be a smoker but it is too hard to give up.
- Because I know what it does. It smells. It is hard to stop and expensive.
- Would save a lot of money.
- It's a mugs game.
- Don't think I would. When you're young you don't know health problems but do now.
- Bad for health and expensive.
- Think it definitely affects health and taste buds. A bad habit.
- Bad for health and waste of money.
- Would have a bigger car by now - totally for financial reasons.
- Now know about health problems, also so costly and silly.
- Too hard to give up - mainly health reasons and worried about health of children.
- Because I know the pitfalls now of smoking, that weren't available when I was a teenager.
- It's expensive and it's bad for you.
- I wouldn't because of the smell. You get up in the morning and everywhere smells - I just wouldn't.
- Health reasons.
- Only 17 when started. Cost and general health.
- Health risk.
- Started late and everyone else smoked. No pleasure in it but gives relief.
- Because I know the cost, the effects on my health and others and the cost.
- Health, expense, the prospect of giving up. I don't like the idea I'll put weight on, and be grouchy, also it's very hard to think I can never have something.
- I don't like smoking! It's quite an addictive habit.
- Because it kills you.

- Health reasons.
- Bad for health.
- Saving money.
- Because less & less people find it acceptable. It's a more difficult thing to do nowadays.
- It's a waste of money.
- It's no good for my health, it's expensive, it's easier to start than give up.
- It's not doing me any good at all.
- It's bad for you. What you don't start you don't miss.
- Only smoked because I was in the services.
- If I had my time again I would not start.
- Because I hate it, but cannot stop.
- It's really expensive. I am only 32 and cannot run very far without getting out of breath.
- I think now it's expensive and I just don't like doing it now, and of course the health reasons.
- I'm a very addictive person, I would find it hard to give up.
- Just think it's a bad habit, bad for your everything. I would probably have more money in my pocket. As the years have gone by it's more unsociable to smoke.
- Health and it is now antisocial - also the cost.
- You learn by things you do - I've been in prison, and you learn from that..
- Because it's a filthy habit, really. We're an anti-smoking world now, it's something I wouldn't like my children to do.
- Because once you start it's like a vicious circle, you're just drawn into it.
- Because I got in with the wrong crowd at school and started and have regretted it ever since.
- I'd be rich if I didn't. Knowing how hard it is to give up and how dependent I am I hate it.
- Health and expense mainly. I'm now addicted to it. It's anti social.
- Bad habit, it's probably easier not to start then to stop.
- Never because I hate it, it's addictive, it's not easy to give up.
- I wouldn't have to give up.
- It's an addiction.
- Dirty habit.
- Cost, addiction, health implications.
- I really wish I had never smoked.
- Money - costs too much.
- I was influenced by friends and it's so pointless as it's so expensive to smoke.
- Cost a fortune.
- Because it is expensive and does damage your health.

- Because smoking since school made it harder.
- Only started because of army, otherwise would not have started at all.
- Many reasons - finance, health.
- Now I know different, increased knowledge on how bad it is.
- Health, finance, the whole lot of obvious reasons.
- Everything. It is unsociable, cost & risk of diseases.
- Any fool can smoke. I started at 15 very hard to stop - you get addicted to it.
- Expensive and causes health problems.
- No.
- Bad for you.
- Health reasons.
- Because of 1) cost & 2) health.
- Health.
- Health, hindsight.
- Probably have paid for the house by now. I actually like smoking which is why I keep going back to it. I enjoy it.
- Because I don't think it's a good thing to do for health reasons and because it is a waste of money.
- For the same reasons as wanting to give up-health, children and money.
- I would be fitter.
- First cigarette was as a kid -I wouldn't do it again. I'm so unfit it's unbelievable.
- Because of the cost.
- Don't like smell on clothes.
- Health reasons.
- Health reasons.
- Better health.
- I hate smoking now.
- Cost.
- Health.
- Would anyone? I actually don't enjoy them anymore.
- Because one it costs too much, not very good for your health and all the advertising about lung cancer now, it is surprising.
- When I was younger, because of the cash I would have saved and now because of the risk of getting lung cancer.
- I would follow the rest of the family and would not smoke. No one else in the family smokes except me and my husband. It is very expensive. But my sister never smoked and she died of lung cancer.
- I wouldn't start at all because once you start it is very hard to stop and it is not good for my health and it costs a lot of money even if I do roll my own.
- Because of the price, but it is not easy to give up. I think that some people can smoke all their lives and it doesn't affect their health.

- Feel I'm addicted to a drug.
- Better all round not to.
- Too expensive.
- Health and money.
- Financial and health.
- Cost so much.
- Finance, health.
- Money and health.
- I know how addictive it is.
- Not healthy.
- No problem in trying to stop.
- Risks involved / difficult to stop.
- Cost and health implications and smell of clothes.
- Because I wouldn't have the problem of trying to give up now. I would be better off financially.
- Cost and health reasons.
- I started smoking at a very early age, and all the older boys were smoking and it seemed the thing to do. My father smoked and I liked the taste and smell of cigarettes. Now I know smoking is bad for you I wouldn't do it.
- Totally regret smoking.
- Difficult to say.
- Makes you short of breath as you get older.
- Health reasons and money.
- No good for you.
- Not healthy, no good for you.
- Cost a fortune.
- Health, money, social factors.
- It's a bad habit although worse things go on in society.
- I would be a lot healthier and better off financially.
- The smell of smoke on your clothes.
- It's horrible, disgusting and unhealthy.
- It does affect your health enormously and you don't realise until it's too late.
- Now know health risks.
- The amount of money spent, affecting children, horrible seeing other people smoke.
- Now know more about the health risks - didn't when I started smoking.
- Too costly & health problems.
- Seen as an antisocial habit now, and bad for my health.
- Financial reasons.
- Ostracised from society.

- Cos I think it's a waste of time. It gets to be just another wee habit and wastes your time and your money as well and if I hadn't started so very young - I was 7 years old and no-one told me it would get to be a habit I'd not be able to break. I wouldn't have started if I'd known it'd get a grip of me - mind you I'm not that fussed since I smoke so few these days. I worry cos my mum died of lung cancer at 62, but she used to smoke 60 a day and that makes a difference --although I know folk who've not smoked at all and gone and died of cancer.
- For I the money – I've spent a fortune on it. I started at 16 cos I wanted to look grown up but that doesn't count now. My health - I don't say I'm unfit but I couldn't run as far or as fast as what I could do if I'd never smoked. I'm afraid I really get a buzz out of it and I feel as if I'm taking in all the nicotine and I hate to think of it. What I notice these days is a lot of people don't inhale much.
- Cos when I did give up two years ago I'd been smoking every day and it was costing a lot of money but now I only smoke at the weekend so it's a bit cheaper. It's just unhealthy -your general health goes out the window - you become short of breath and when you play football you notice it a lot.
- Cos I think it's just a filthy disgusting habit. I even feel I hate the house smelling of smoking and I rush to open the windows in the morning and get rid of the smell, and I'm thankful my children don't do it. With all the stories about health hazards as a result of smoking I'm sorry I started to smoke although I've friends who've died of cancer and not been smoking.
- I started as a child of 13 or 14 and we all did - everyone done and so I did it. I regret starting but I didn't know any better at that age. I think maybe I wonder if it has anything to do with my health being bad but I didn't realise that it would affect it at the time I was at school. I don't like it cos it's an addiction and I don't like the feeling that I'm hooked on it and I'm very much against the idea of addiction.
- Started too young at 7 but I didn't know any better. No one told me of the dangers then or why I shouldn't do it. Just that and of course I've had some health problems. I couldn't run fast for 100 yards any more and that I regret.
- When I started there was nothing told or known about how it would affect your health so there was nothing to say you shouldn't, but I have 4 sons and thankfully none of THEM smoke cos it would be bad for my health to see them destroying themselves.
- I've stopped about 3 times but always start up ... I enjoy it but if I'd never started I suppose I wouldn't miss it ... but when I've stopped I do think eg when I have a drink in my hand it would be nice to have a ciggie ... but if I'd never started I wouldn't know that ... and of course I'd have saved such a lot of money!!!
- Once you start it's hard to stop smoking, it's addictive.
- Disgusting habit.
- Health reasons and expense.
- Too expensive.