

Why Do You Smoke?

Here are some things people have said about why they smoke. How often do you feel this way? Circle the number that best describes you, and find out your score on the back.

	Always	Often	Sometimes	Almost Never	Never
A. I smoke cigarettes to keep myself from slowing down.	5	4	3	2	1
B. Handling a cigarette is part of what I enjoy about smoking.	5	4	3	2	1
C. Smoking cigarettes is pleasant and relaxing.	5	4	3	2	1
D. I light up a cigarette when I feel angry.	5	4	3	2	1
E. When I run out of cigarettes, I can hardly stand it until I get more.	5	4	3	2	1
F. I light up and smoke without thinking about it.	5	4	3	2	1
G. I smoke cigarettes to perk myself up.	5	4	3	2	1
H. Part of what I enjoy about smoking comes from the steps I take to light up.	5	4	3	2	1
I. Cigarettes make me feel good.	5	4	3	2	1
J. When I feel upset about something, I light up a cigarette.	5	4	3	2	1
K. When I am not smoking, I am very much aware of it.	5	4	3	2	1
L. I light up a cigarette without realizing I still have another one burning.	5	4	3	2	1
M. I smoke cigarettes to give me a lift.	5	4	3	2	1
N. Part of what I enjoy about smoking is watching the smoke I breathe out.	5	4	3	2	1
O. I want a cigarette most when I am relaxed.	5	4	3	2	1
P. When I feel "blue" or want to take my mind off worries, I smoke cigarettes.	5	4	3	2	1
Q. When I have not smoked for a while, I get a hunger for cigarettes that won't go away.	5	4	3	2	1
R. I've found a cigarette in my mouth and didn't recall putting it there.	5	4	3	2	1

Score your answers on the back >>>

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Get Your Score

1. On line A, write the number that you circled for question A.
On line G, write the number that you circled for question G.
On line M, write the number that you circled for question M.
2. Add those three numbers to get your Stimulation score.
3. Follow the same steps for each of the other categories.

$$\begin{array}{r} \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\hspace{2cm}} \\ A \quad \quad G \quad \quad M \quad \quad \quad \quad \text{Stimulation} \\ \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\hspace{2cm}} \\ B \quad \quad H \quad \quad N \quad \quad \quad \quad \text{Handling} \\ \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\hspace{2cm}} \\ C \quad \quad I \quad \quad O \quad \quad \quad \quad \text{Pleasurable Relaxation} \\ \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\hspace{2cm}} \\ D \quad \quad J \quad \quad P \quad \quad \quad \quad \text{Crutch-Tension Reduction} \\ \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\hspace{2cm}} \\ E \quad \quad K \quad \quad Q \quad \quad \quad \quad \text{Craving-Psychological Addiction} \\ \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\hspace{2cm}} \\ F \quad \quad L \quad \quad R \quad \quad \quad \quad \text{Habit} \end{array}$$

A score of 11 or higher shows your main reasons for smoking, and what you will have to work on most.

A score of 7 or under is low and may not be a trigger for you, but it's stuff you should watch out for.

For help with how to deal with your triggers, call a quitline. You can tell your counselor about your answers to this survey and what you scored.

Stimulation: You smoke to help you wake up, put your thoughts in order, and keep you going.

Handling: You smoke to have something to keep your hands busy.

Pleasure Relaxation: You smoke to relax and to feel good.

Crutch-Tension Reduction: You smoke to help you deal with stress.

Craving-Psychological Addiction: You smoke to deal with cravings, both physical and mental.

Habit: You smoke because it has become a routine. You may not even enjoy cigarettes anymore.

My #1 Smoking Trigger is:

Adapted from the National Cancer Institute, NIH Publication No. 93-1822