

# Why Do You Smoke?

Here are some statements people have made to describe why they smoke. How often do you feel this way when smoking?

**IMPORTANT:** Circle one number for each statement. Answer every question.

|          |   | Always | Frequently | Occasionally | Seldom | Never |
|----------|---|--------|------------|--------------|--------|-------|
| <b>A</b> | I smoke cigarettes to keep myself from slowing down.                                  | 5      | 4          | 3            | 2      | 1     |
| <b>B</b> | Handling a cigarette is part of the enjoyment of smoking it.                          | 5      | 4          | 3            | 2      | 1     |
| <b>C</b> | Smoking cigarettes is pleasant and relaxing.  | 5      | 4          | 3            | 2      | 1     |
| <b>D</b> | I light up a cigarette when I feel angry about something.                             | 5      | 4          | 3            | 2      | 1     |
| <b>E</b> | When I run out of cigarettes it's almost unbearable until I get more.                 | 5      | 4          | 3            | 2      | 1     |
| <b>F</b> | I smoke cigarettes automatically without being aware of it.                           | 5      | 4          | 3            | 2      | 1     |
| <b>G</b> | I smoke cigarettes to stimulate me, to perk myself up.                                | 5      | 4          | 3            | 2      | 1     |
| <b>H</b> | Part of the enjoyment of smoking a cigarette comes from the steps I take to light up. | 5      | 4          | 3            | 2      | 1     |
| <b>I</b> | I find cigarettes pleasurable.  | 5      | 4          | 3            | 2      | 1     |
| <b>J</b> | When I feel uncomfortable or upset about something, I light up a cigarette.           | 5      | 4          | 3            | 2      | 1     |
| <b>K</b> | I am very much aware of the fact when I am not smoking a cigarette.                   | 5      | 4          | 3            | 2      | 1     |
| <b>L</b> | I light up a cigarette without realizing I still have one burning in the ashtray.     | 5      | 4          | 3            | 2      | 1     |
| <b>M</b> | I smoke cigarettes to give me a lift.   | 5      | 4          | 3            | 2      | 1     |
| <b>N</b> | When I smoke a cigarette, part of the enjoyment is watching the smoke as I exhale.    | 5      | 4          | 3            | 2      | 1     |
| <b>O</b> | I want a cigarette most when I am comfortable and relaxed.                            | 5      | 4          | 3            | 2      | 1     |
| <b>P</b> | When I feel "blue" or want to take my mind off cares and worries, I smoke cigarettes. | 5      | 4          | 3            | 2      | 1     |
| <b>Q</b> | I get a real gnawing hunger for a cigarette when I haven't smoked for a while.        | 5      | 4          | 3            | 2      | 1     |
| <b>R</b> | I've found a cigarette in my mouth and didn't remember putting it there.              | 5      | 4          | 3            | 2      | 1     |

Score your answers on the back. >>>

## How to 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.  
For example, B + H + N gives you your Handling score, etc.

|   |       |                                 |
|---|-------|---------------------------------|
| $\frac{\quad}{A} + \frac{\quad}{G} + \frac{\quad}{M} =$ | _____ | Stimulation                     |
| $\frac{\quad}{B} + \frac{\quad}{H} + \frac{\quad}{N} =$ | _____ | Handling                        |
| $\frac{\quad}{C} + \frac{\quad}{I} + \frac{\quad}{O} =$ | _____ | Pleasurable Relaxation          |
| $\frac{\quad}{D} + \frac{\quad}{J} + \frac{\quad}{P} =$ | _____ | Crutch-Tension Reduction        |
| $\frac{\quad}{E} + \frac{\quad}{K} + \frac{\quad}{Q} =$ | _____ | Craving-Psychological Addiction |
| $\frac{\quad}{F} + \frac{\quad}{L} + \frac{\quad}{R} =$ | _____ | Habit                           |

A score of 11 or higher shows your main reasons for smoking, and what you'll probably have to work on most. A score of 7 or under is low and may not be a trigger for you, but it's something you should pay attention to. For help with how to deal with your triggers, consider calling a quitline. You can tell your counselor how you answered these questions and what your scores were.

**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 psychological.

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

**My #1 Smoking Trigger is:**

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