

Why Do You Smoke?

Here is a list of things people say about why they smoke. Next to each one write the number that applies to you:

Always	Frequently	Occasionally	Seldom	Never
5	4	3	2	1

- A. *I smoke in order to keep from slowing down.....*_____
- B. *Handling a cigarette is a part of the enjoyment of smoking it.....*_____
- C. *Smoking cigarettes is pleasant and relaxing.....*_____
- D. *I light up when I feel angry about something.....*_____
- E. *If I run out of cigarettes I find it almost unbearable.....*_____
- F. *I smoke automatically, without even being aware of it.....*_____
- G. *I smoke to stimulate me, to perk myself up.....*_____
- H. *Part of the enjoyment of smoking comes from the steps I take to light up.....*_____
- I. *I find cigarettes pleasurable.....*_____
- J. *When I feel uncomfortable or upset, I light up a cigarette.....*_____
- K. *I am very much aware when I am not smoking.....*_____
- L. *I light up a cigarette without realizing I still have one burning in the ashtray.....*_____
- M. *I smoke to give myself a "lift".....*_____
- N. *I like watching the smoke when I exhale it.....*_____
- O. *I want a cigarette most when I feel relaxed.....*_____
- P. *When I feel "blue" or want to take my mind off my cares, I smoke a cigarette.....*_____
- Q. *I get a real gnawing hunger for a cigarette when I haven't smoked for a while.....*_____
- R. *I've found a cigarette in my mouth and didn't remember putting it there.....*_____

How to score

Enter the number you have placed for each question in the space below. Place the number for question A over line A, for question B over line B, etc.

Add across the three scores on each line to get your totals.

$\overline{\text{A}}$	+	$\overline{\text{G}}$	+	$\overline{\text{M}}$	=	Stimulation
$\overline{\text{B}}$	+	$\overline{\text{H}}$	+	$\overline{\text{N}}$	=	Handling
$\overline{\text{C}}$	+	$\overline{\text{I}}$	+	$\overline{\text{O}}$	=	Pleasurable Relaxation
$\overline{\text{D}}$	+	$\overline{\text{J}}$	+	$\overline{\text{P}}$	=	Tension Reduction
$\overline{\text{E}}$	+	$\overline{\text{K}}$	+	$\overline{\text{Q}}$	=	Craving
$\overline{\text{F}}$	+	$\overline{\text{L}}$	+	$\overline{\text{R}}$	=	Habit

Scores can vary from 3 to 15. Any score 11 or above is high; any score 7 or below is low.