

Why Do You Smoke?



California
Smokers'
Helpline
1-800-NO-BUTTS

Here are some statements made by people to describe what they get out of smoking cigarettes. How often do you feel this way when smoking? Circle one number for each statement. Important: ANSWER EVERY QUESTION.

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



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.

<u> </u> +	<u> </u> +	<u> </u> =	<hr/>
A	G	M	Stimulation
<u> </u> +	<u> </u> +	<u> </u> =	<hr/>
B	H	N	Handling
<u> </u> +	<u> </u> +	<u> </u> =	<hr/>
C	I	O	Pleasurable Relaxation
<u> </u> +	<u> </u> +	<u> </u> =	<hr/>
D	J	P	Crutch: Tension Reduction
<u> </u> +	<u> </u> +	<u> </u> =	<hr/>
E	K	Q	Craving: Psychological Addiction
<u> </u> +	<u> </u> +	<u> </u> =	<hr/>
F	L	R	Habit

A score of 11 or over in any category is high. A score of 7 or under is low. Your scores can show you the kinds of smoking triggers and strategies you need to work on most. Consider calling a quitline to get some help with this. Tell your counselor what you came up with.