

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 page 2.

	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 page 2. >>>

