

## Why Do You Smoke?

This worksheet is designed to help you understand the reasons why you smoke. Understanding your own relationship with cigarettes is important for developing a successful quitting plan.

To complete this worksheet, read over the statements below and circle the number that best describes you.

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

## Scoring

1. Enter the number you circled for each question in the spaces below.

For example: if you circled number 3 for the first question (question A) then you would place 3 on the line above letter A.

2. Add the three scores in each section to get a total score.

For example: the sum of the scores on lines A, G and M gives your total score for stimulation.

Items	Add Scores	Reasons for Smoking
A + G + M	$\frac{\quad}{A} + \frac{\quad}{G} + \frac{\quad}{M} = \underline{\quad}$	Stimulation
B + H + N	$\frac{\quad}{B} + \frac{\quad}{H} + \frac{\quad}{N} = \underline{\quad}$	Handling
C + I + O	$\frac{\quad}{C} + \frac{\quad}{I} + \frac{\quad}{O} = \underline{\quad}$	Pleasurable Relaxation
D + J + P	$\frac{\quad}{D} + \frac{\quad}{J} + \frac{\quad}{P} = \underline{\quad}$	Crutch: tension reduction
E + K + Q	$\frac{\quad}{E} + \frac{\quad}{K} + \frac{\quad}{Q} = \underline{\quad}$	Craving: psychological addiction
F + L + R	$\frac{\quad}{F} + \frac{\quad}{L} + \frac{\quad}{R} = \underline{\quad}$	Habit

### What do my scores mean?

A score of 11 or more is considered high and a score of 7 or less is considered low. Circle any section that you scored high on. Do you think these reasons for smoking describe you?