



An Environment beyond measure.



The “Why I Smoke” Test

	Always	Frequently	Sometimes	Seldom	Never
A. I smoke cigarettes to keep 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'm upset about something	5	4	3	2	1
E. When I run out of cigarettes, I find it almost unbearable	5	4	3	2	1
F. I smoke automatically without even being aware of it	5	4	3	2	1
G. I smoke to perk myself up	5	4	3	2	1
H. Part of the enjoyment of smoking 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 about something, I light up a cigarette	5	4	3	2	1
K. I am very much aware of the fact that I am not smoking	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 to give myself a “hit”	5	4	3	2	1
N. Part of the enjoyment of smoking is in watching the smoke 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 my cares, I smoke a cigarette	5	4	3	2	1
Q. I get a real craving for a cigarette when I haven't smoked for awhile	5	4	3	2	1
R. I've found a cigarette in my mouth and didn't remember having put it there	5	4	3	2	1

The “Why I Smoke” Test, continued

Adding Up Your Score

Use the following table to score yourself.

1. Enter your circled number for each statement in the space provided, putting the number for statement A on line A, statement B on line B, etc.
2. Add the three scores on each line. For example, the sum of scores on lines A, G, and M gives you a total score for the “Stimulation” category.

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

A G M Stimulation

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

B H N Handling

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

C I O Pleasure

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

D J P Relaxation /Tension
Reduction

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

E K Q Craving

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

F L R Habit

A score of 11 or more indicates an important reason. The higher your score (15 is highest), the more important the reason. If you have a high score in more than one area, it may make quitting more difficult for you. Don't worry. This program is designed to make it easier. When you know what you derive from smoking, you can look for satisfying substitutes.

**Adapted from National Cancer Institute;
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The “Why I Smoke” Test, continued

Interpreting Your Score

Stimulation

If you scored high in this category, you are stimulated by smoking. You believe it helps you wake up and get organized and keeps you on your toes during the day. When you quit, you need to find substitutes that stimulate. For example:

- Take a brief walk, ride a bike, do calisthenics, or simply make your self busy around the house.
- Plan ahead. Organize your day ahead of time so you won't need a cigarette to get going.
- Chew on cinnamon sticks, sugar-free gum, or carrot sticks; rinse with mouthwash; or brush your teeth to give your tongue and mouth some stimulation.
- Avoid fatigue. With plenty of sleep, you won't need a stimulant to get you going.

Handling

A high score here means you like to handle a cigarette or watch the smoke. There may be other parts of the ritual of smoking that are also habit forming for you. Luckily, there are many ways to keep your hands busy (the last four mentioned here are even constructive.) Wear a rubber band around your wrist and snap it. Doodle with a pen or pencil when you are on the phone, in meetings, etc.

- Handle a coin or polished rock or play with a paper clip.
- Do a crossword or jigsaw puzzle.
- Squeeze a small ball (also great for your wrist muscles).
- Clean or polish your fingernails.
- Knit, sew or crochet (you'll be way ahead on birthday and holiday presents.)

Pleasure

If you scored high in this category, here are some alternatives:

- Contemplate the harmful effects of smoking. You may find that's enough to help you quit.
- Keep a list of the pleasures of being a nonsmoker.
- Spend time with friends, go to the movies or read a magazine.
- With physician's approval, get involved in a sport— you'll be surprised how good you'll feel.
- Treat yourself to something special.

Relaxation/Tension Reduction

Many smokers use their habit as a crutch in moments of discomfort. If you're this type, you may find it easy to quit when things are good, but tough when things go wrong.

- Take up a hobby. Activity is a great tension reducer and distraction.
- Try some deep breathing exercises. (Believe it or not, they do work for many people). Or feel free to talk to your healthcare professional about other relaxation techniques.
- Think about what you really need when you're upset. A talk with a friend?

Craving

- If you scored high in this category, you're not unusual. Your craving for another cigarette begins to build up the moment you put one out. Is the craving psychological, physical or both?
- If you physically crave nicotine, you're uncomfortable because the level of nicotine in your blood drops. Nicoderm (nicotine transdermal system) can help you handle this.
- As for the psychological part of the craving, try reordering your day to avoid situations that trigger your smoking urge. For example, change your morning routine and your work habits, alter your driving route, etc.
- Stay busy! Don't allow yourself to have gaps of unprogrammed time.

The “Why I Smoke” Test, continued

Habit

Smoking has become a habit for you. You smoke automatically. Chances are, you enjoy only a fraction of the cigarettes you smoke.

- Throw away your cigarettes, ashtrays, etc.
- If your spouse or friends smoke, designate a portion of your home as smoke free.
- Chew sugar-free gum.
- Go to places where smoking is prohibited—public buildings, movies, theaters, libraries, etc.
- Take a soothing bath or shower.
- Listen to music.
- Have your car cleaned. Wash out the ashtray and fill it with toothpicks.
- Have the inside of your house – drapes, carpets, furniture – cleaned.



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