



Team up for Freedom From Smoking

WHY DO YOU SMOKE?

Here are some statements people make to describe what they get out of smoking cigarettes. How often do you feel this way when smoking?

IMPORTANT: ANSWER EVERY QUESTION

Circle one number for each statement

		NEVER	SELDOM	SOMETIMES	OFTEN	ALWAYS
A	I smoke cigarettes in order to keep from slowing down.	1	2	3	4	5
B	Handling a cigarette is part of my enjoyment in smoking it.	1	2	3	4	5
C	Smoking Cigarettes is Pleasant and Relaxing.	1	2	3	4	5
D	I Light up a cigarette when I feel angry about something.	1	2	3	4	5
E	When I run out of cigarettes I find it unbearable until I can get them.	1	2	3	4	5
F	I smoke cigarettes automatically, without even being aware of it.	1	2	3	4	5
G	I smoke cigarettes to stimulate me, to perk myself up.	1	2	3	4	5
H	Part of my enjoyment in smoking a cigarette comes from the steps I take to light up.	1	2	3	4	5
I	I find cigarettes pleasurable.	1	2	3	4	5
J	When I feel uncomfortable or upset about something, I light up a cigarette.	1	2	3	4	5
K	When I am not smoking a cigarette, I am very much aware of it.	1	2	3	4	5
L	I Light up a cigarette without realizing I have one burning in the ashtray.	1	2	3	4	5
M	I light cigarettes to give me a "lift."	1	2	3	4	5
N	When I smoke a cigarette, part of my enjoyment is watching the smoke as I exhale it.	1	2	3	4	5
O	I want a cigarette when I am comfortable and relaxed.	1	2	3	4	5
P	When I feel "down" or want to take my mind off cares and worries, I smoke a cigarette.	1	2	3	4	5
Q	I get a real gnawing hunger for a cigarette when I haven't smoked for a while.	1	2	3	4	5
R	I have found a cigarette in my mouth and not remembered putting it there.	1	2	3	4	5



BEFORE READING THIS PAGE, ANSWER QUESTIONS ON THE OTHER SIDE!

HOW TO SCORE:

- 1 In the space below, enter the numbers you have circled for the Test questions, putting the number you have circled to Question over line A, to Question B over line B, etc.
- 2 Add the 3 scores on each line to get your totals. For example, the sum of your scores over line A, G, and M gives you your score on Stimulation-over lines B, H, and N on Handling, etc.

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