

Self Inventory

Why do you smoke?

Here is a list of things people say about why they smoke. How often do you feel this way when smoking? Next to each statement, write the number that applies to you:

Session Two: Ready to Quit Smoking

5—often; 3—sometimes; 1—does not apply

A. I smoke in order to keep from slowing down.	
B. Handling a cigarette is part of the enjoyment of smoking it.	
C. Smoking cigarettes is pleasant and relaxing.	
D. I light up when I feel angry about something.	
E. If I run out of cigarettes, I can't stand it until I get more.	
F. I smoke without being aware that I am smoking.	
G. I smoke to perk myself up.	
H. Part of the pleasure of smoking is lighting up.	
I. I get great pleasure out of smoking.	
J. When I am upset, I like to have a smoke.	
K. I am very aware of when I am <i>not</i> smoking.	
L. I light a cigarette without noticing I have one burning in the ashtray.	
M. I smoke to give myself a lift.	
N. I like watching the smoke when I exhale.	
O. I want a cigarette most when I feel relaxed.	
P. If I feel worried or upset, it helps to smoke.	
Q. I get a gnawing hunger for a cigarette when I have not smoked for a while.	
R. I find a cigarette in my mouth that I do not even remember putting there	

How to score...

Write your answer to each statement above over the matching letter below (put the number you wrote next to statement A over line A and so on.) Next, add the numbers across to get your total. Totals can vary from 3 to 15. Any total of 11 or over means that smoking fills this important need for you.

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