

Why do you smoke?

What kind of smoker are you? What do you get out of smoking? What does it do for you? The smoking triggers quiz will help you identify why you smoke and what kind of satisfaction you get from smoking.

Please circle one number for each statement. Upon completion, please turn to the following page for scoring instructions.

	Always	Frequently	Occasionally	Seldom
A. I smoke to keep myself from slowing down.	5	4	3	2
B. Handling a cigarette is part of the enjoyment of smoking it.	5	4	3	2
C. Smoking is pleasant and relaxing.	5	4	3	2
D. I light up when I feel angry.	5	4	3	2
E. When I run out of cigarettes, I find it almost unbearable.	5	4	3	2
F. I smoke automatically without being aware of it.	5	4	3	2
G. I smoke to stimulate or perk myself up.	5	4	3	2
H. Part of the enjoyment of smoking comes from the steps I take to light up.	5	4	3	2
I. I find smoking pleasurable.	5	4	3	2
J. I light up when I feel uncomfortable or upset.	5	4	3	2
K. I am very much aware of when I am not smoking.	5	4	3	2
L. I light up without realizing I still have one burning in the ashtray.	5	4	3	2
M. I smoke to give me a "lift."	5	4	3	2
N. When I smoke, part of the enjoyment is watching the smoke as I exhale it.	5	4	3	2
O. I want to smoke when I am comfortable and relaxed.	5	4	3	2
P. When I feel "blue" or want to take my mind off cares and worries, I smoke.	5	4	3	2
Q. I get a real gnawing hunger for a cigarette when I haven't smoked for a while.	5	4	3	2
R. I've found a cigarette in my mouth and didn't remember putting it there.	5	4	3	2

Scoring Instructions

1. Enter the number that corresponds with your response to questions "A" through "R" on the lines provided.
2. Add the three scores in each row to get your totals.

QUESTIONS			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	

WHAT DO YOUR SCORES MEAN?
 A score of 11 or above in any category indicates that this factor motivates you to smoke or triggers your need to smoke. The following information will help you understand your reasons for smoking and your triggers — you should discuss this information with your health care practitioner.

STIMULATION

If you score high in this factor category, it means that you are a smoker who is stimulated by the cigarette — you feel that it helps wake you, organize your thoughts, and keep you going. If you try to give up smoking, you may want a safe substitute: a brisk walk or moderate exercise, for example, whenever you feel the urge to smoke.

HANDLING

Handling things can be satisfying, but there are many ways to keep your hands busy without lighting up or playing with a cigarette. Why not toy with a pen or pencil or try doodling.

PLEASURE RELAXATION

It is not always easy to find out if you use cigarettes to feel good. About two-thirds of smokers score high or fairly high on accentuation of pleasure, and about half of those also score as high or higher on reduction of negative feelings.

Those who do get pleasure out of smoking often find that an honest consideration of the harmful effects of their habit is enough to help them quit. They substitute eating, drinking, social and physical activities — within bounds and find they do not miss cigarettes.

CRUTCH: TENSION REDUCTION

Many smokers use cigarettes as a crutch in moments of stress or discomfort. But the heavy smoker, the person who tries to handle severe personal problems by smoking many times a day, is apt to discover that cigarettes do not help him deal with his problems effectively.

CRAVING: PSYCHOLOGICAL ADDICTION

Quitting smoking is difficult for the person who is psychologically addicted. For him, the craving for the next cigarette begins to build up the moment he puts one out, so tapering off is not likely to work. He must go "cold turkey."

It may be helpful for him to smoke more than usual for a day or two, and then stop smoking completely until the craving is gone. Giving up cigarettes may be so difficult and cause so much discomfort that, once he does quit, he will find it easy to resist the temptation to go back to smoking. Otherwise, he knows that he will have to go through the same agony again.

For the addicted smoker, seeing a doctor might provide extra motivation to stop. The doctor also may recommend nicotine gum or prescribe a smoking cessation medication to help the smoker break the habit.

HABIT

This kind of smoker is no longer getting much satisfaction from cigarettes. He lights them frequently without even realizing he is doing so. He may find it easy to quit and stay quit if he can break the habit patterns he has built up. Cutting down gradually may be quite effective if there is a change in the way the cigarettes are smoked or the conditions under which they are smoked. The key to success is becoming aware of each cigarette you smoke. This can be done by asking yourself, "Do I really want this cigarette." You may be surprised at how many you do not want.