

Why Do You Smoke?

Take this short test and you will understand some of the factors which influence your smoking habits. Circle the number that indicates to what degree the situation is likely to make you start smoking or how the statement applies to you. Circle one number for each statement. Answer every question.

	Always	Frequently	Occasionally	Seldom	Never
A. I smoke cigarettes to keep myself 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 feel angry about something.	5	4	3	2	1
E. When I have run out of cigarettes, I find it almost unbearable until I get some	5	4	3	2	1
F. I smoke cigarettes automatically without being aware of it.	5	4	3	2	1
G. I smoke cigarettes to stimulate me, 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 or upset about something, I light up a cigarette.	5	4	3	2	1
K. I am very much aware of when I am not smoking a cigarette.	5	4	3	2	1
L. I light up without realizing I still have one burning in the ashtray.	5	4	3	2	1
M. I smoke cigarettes to give me a "lift".	5	4	3	2	1
N. When I smoke a cigarette, part of the enjoyment is watching the smoke as 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 cares or worries, I smoke a cigarette.	5	4	3	2	1
Q. I get a real gnawing hunger for a cigarette when I haven't smoked in a while.	5	4	3	2	1
R. I've found a cigarette in my mouth and didn't remember putting it there.	5	4	3	2	1

SCORING

Add up your scores for each set of letters:

$$A + G + M = \underline{\hspace{2cm}} \quad B + H + N = \underline{\hspace{2cm}} \quad C + I + O = \underline{\hspace{2cm}}$$

$$D + J + P = \underline{\hspace{2cm}} \quad E + K + Q = \underline{\hspace{2cm}} \quad F + L + R = \underline{\hspace{2cm}}$$

Your scores will vary from 3 to 15. Transfer the scores to the table on the back of this page.

INTERPRETATION

FACTOR	YOUR SCORE
1. STIMULATION (A+G+M)	_____
2. HANDLING (B+H+N)	_____
3. PLEASURE/RELAXATION (C+I+O)	_____
4. TENSION REDUCTION (D+J+P)	_____
5. CRAVING: PSYCHOLOGICAL (E+K+Q)	_____
6. HABIT (F+L+R)	_____

Your scores will vary from 3 to 15. Any score above 10 is high

What kind of smoker are you? What do you get from smoking? What does smoking provide for you? This test is designed to provide you with a score on each of the six factors which describe many people's smoking behavior. Your smoking may be characterized by only one of these factors. In any event, this test will help you identify what you use smoking for and what kinds of gratification you think you get.

The six factors describe different ways of experiencing or managing certain kinds of feelings, stressors, or situations. *Stimulation*, *Handling*, and *Pleasurable Relaxation* represent the positive feelings people get from smoking. *Tension Reduction* decreases negative feelings by reducing a state of physical discomfort or emotional tension. *Craving* is a complex pattern of increasing and decreasing the "need" for a cigarette, representing a psychological addiction to smoking. The sixth factor- *Habit*- takes place in the absence of feeling or thinking- purely an automatic response to a familiar situation.

A score of 11 or more on any factor indicates that this is an important influence on your smoking behavior. The higher the score, the more important is your consideration of how it affects your relationship to cigarettes.

In order to give up smoking you may have to get along without the gratification and tension reduction cigarettes have given you. More important, you will have to find more acceptable and healthier ways of experiencing satisfaction or a reduction in tension or discomfort. In either case, you need to know just what it is you are getting out of your current smoking behavior before you can decide to make a healthy change.

Understanding the Factors That Trigger Your Smoking

1. STIMULATION

If you score high or fairly high in this factor, it means you are a smoker who is stimulated by the cigarette. You feel it helps you wake up, organize your energies, and keep you going. If you try to give up smoking, you may want a healthy substitute- for example moderate exercise- whenever you feel the urge to smoke

2. 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? Try doodling or playing with a coin, a piece of jewelry, or some other harmless object. There are plastic cigarettes to play with .

3. PLEASURABLE RELAXATION

It is not always easy to determine whether you use cigarettes to feel good, that is to get pleasure, or to keep from feeling bad (Factor #4). Those who do get real stimulation out of smoking often find that an honest consideration of the unhealthy effects of their habit is enough to help them modify their use of cigarettes. They substitute more appropriate activities that fit the situation- exercise, social events, creative activities, supportive relationships, music, etc.

4. TENSION REDUCTION

Many smokers use cigarettes as a sponge to absorb negative feelings in moments of stress or discomfort, and on occasion it may work. Smoking is sometimes used as a tranquilizer. But the person who tries to handle tension by smoking many times a day is apt to discover that smoking does not help effectively. When things are going well this kind of smoker may find it easy to control their smoking, but will be tempted again in times of stress. Again, exercise, relaxation, social outlets, creative activities, etc. may serve as more useful, longer lasting, and healthier substitutes.

5. PSYCHOLOGICAL

Quitting smoking is difficult for the person who scores high on the factor of “craving” or psychological dependence. For this person the craving for the next cigarette begins to build up the moment they put one out. Tapering off is not likely to work. “Cold turkey” is the only way to go. Giving up cigarettes for this kind of person may cause such discomfort that it is difficult to resist the temptation to go back to smoking. For the craving or dependent smoker seeing a physician or a counselor, or enrolling in a structured behavior change program is probably necessary to provide the essential skills or motivation to change.

6. HABIT

This kind of smoker is no longer getting much satisfaction from cigarettes. They just light up without even realizing what they’re doing. There is little awareness of the frequency of their habit. For this person change requires breaking the patterns that have been built up. Cutting down gradually may be effective once there is an increased awareness of the habit. The key to success is becoming aware of

each cigarette you smoke. You can modify your behavior, for example, by setting a timer for when you can smoke a cigarette.