

# Why Do You Smoke?



California  
Smokers'  
Helpline

1-800-NO-BUTTS

Here are some statements made by people to describe what they get out of smoking cigarettes. How often do you feel this way when smoking? Circle one number for each statement. Important: ANSWER EVERY QUESTION.

		Always	Frequently	Occasionally	Seldom	Never
<b>A</b>	I smoke cigarettes to keep myself from slowing down.	5	4	3	2	1
<b>B</b>	Handling a cigarette is part of the enjoyment of smoking it.	5	4	3	2	1
<b>C</b>	Smoking cigarettes is pleasant and relaxing.	5	4	3	2	1
<b>D</b>	I light up a cigarette when I feel angry about something.	5	4	3	2	1
<b>E</b>	When I run out of cigarettes I find it almost unbearable until I get them.	5	4	3	2	1
<b>F</b>	I smoke cigarettes automatically without being aware of it.	5	4	3	2	1
<b>G</b>	I smoke cigarettes to stimulate me, to perk myself up.	5	4	3	2	1
<b>H</b>	Part of the enjoyment of smoking a cigarette comes from the steps I take to light up.	5	4	3	2	1
<b>I</b>	I find cigarettes pleasurable.	5	4	3	2	1
<b>J</b>	When I feel uncomfortable or upset about something, I light up a cigarette.	5	4	3	2	1
<b>K</b>	I am very much aware of the fact when I am not smoking a cigarette.	5	4	3	2	1
<b>L</b>	I light up a cigarette without realizing I still have one burning in the ashtray.	5	4	3	2	1
<b>M</b>	I smoke cigarettes to give me a lift.	5	4	3	2	1
<b>N</b>	When I smoke a cigarette, part of the enjoyment is watching the smoke as I exhale.	5	4	3	2	1
<b>O</b>	I want a cigarette most when I am comfortable and relaxed.	5	4	3	2	1
<b>P</b>	When I feel "blue" or want to take my mind off cares and worries, I smoke cigarettes.	5	4	3	2	1
<b>Q</b>	I get a real gnawing hunger for a cigarette when I haven't smoked for a while.	5	4	3	2	1
<b>R</b>	I've found a cigarette in my mouth and didn't remember putting it there.	5	4	3	2	1

Score your answers on the back of this sheet.

How to score:

1. Enter the number you circled for each question in the spaces below, putting the number for question "A" above line "B", to question "B" above line "B", etc.
2. Add the three scores on each line to get your totals. For example, the sum of scores above lines A, G, and M gives your score on Stimulation; B, H, and N gives your score on Handling, etc.

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

Scores can vary from 3 to 15. Any score 11 or above is high. Any score 7 or below is low.

Adapted from Horn Smokers' Self Test.