

WHY DO YOU SMOKE?

This exercise is designed to help you determine which type(s) of smoker you are. By knowing which type(s) you belong to, you may be able to decide what action to take in order to make it easier to stop smoking. Please answer every question and circle your answers.

STIMULATION

	Always	Often	Occasionally	Seldom	Never
a. I smoke in order to keep myself from slowing down	5	4	3	2	1
b. I smoke to stimulate myself	5	4	3	2	1
c. I smoke to give myself a lift	5	4	3	2	1

HANDLING

d. Handling a cigarette is part of the enjoyment of smoking it	5	4	3	2	1
e. Part of the enjoyment of smoking comes from the steps I take to light up	5	4	3	2	1
f. When I smoke, part of the enjoyment is watching the smoke as I exhale it	5	4	3	2	1

PLEASURABLE RELAXATION

g. Smoking is pleasant and relaxing	5	4	3	2	1
h. I find smoking enjoyable	5	4	3	2	1
i. I want to smoke most when I am comfortable and relaxed	5	4	3	2	1

TENSION REDUCTION

j. I light up when I feel angry about something	5	4	3	2	1
k. When I feel uncomfortable or upset about something, I light up a cigarette or pipe	5	4	3	2	1
l. When I feel 'blue' or want to take off my mind off cares and worries, I smoke	5	4	3	2	1

CRAVING - PSYCHOLOGY ADDICTION

m. When I have run out of cigarettes or tobacco, I find it almost unbearable until I can get some more	5	4	3	2	1
n. I am very much aware of when I am not smoking	5	4	3	2	1
o. I get a real gnawing hunger for a smoke if I have not smoked for a while	5	4	3	2	1

HABIT

p. I smoke automatically without even being aware of it	5	4	3	2	1
q. I light up a cigarette without realising I still have one burning in the ashtray	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	

Adapted from Brian Deakin's Breaking the habit

How did you score?

Add up the numbers you ringed in each section. Scores can vary from 3 to 15. If you have scored 11 or more in any of the sections, you are likely to smoke for the reason stated in that section. It is quite possible to score highly in more than one section.

STIMULATION

If you score highly on this factor, it means that you are one of those smokers who is stimulated by smoking - you feel that it helps wake you up, organise your energies, and keep you going. If you try to give up smoking, you may want a safe substitute: when convenient, a brisk walk or moderate exercise, for example, may help 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, playing with a coin, a piece of jewellery, or some other harmless object.

PLEASURABLE RELAXATION

Those who get real pleasure out of smoking often find that an honest consideration of the harmful effects of their habit can help tip the balance towards stopping. They need to substitute social and physical activities in place of cigarettes.

TENSION REDUCTION

Many people use smoking as a kind of crutch in moments of stress or discomfort, and on occasions it may work. The cigarette is sometimes used as a tranquilliser. But the heavy smoker is apt to discover that this does not help him/her deal with the problems effectively. When it comes to stopping, this kind of smoker may find it easy to stop when everything is going well, but may be tempted to start again in a time of crisis. Again, physical exertion or social activity may serve as useful substitutes for smoking, even in times of tension.

CRAVING - PHYSIOLOGICAL ADDICTION

Stopping smoking is difficult for the person who scores high on this factor. The craving for the next cigarette begins to build up the moment he/she puts one out, so tapering off is not likely to work. It may be helpful to smoke more than usual for a day or two, so that the taste for cigarettes is spoilt, and then isolate him/her self completely from cigarettes until the craving has gone.

HABIT

This kind of smoker is no longer getting satisfaction from smoking. They light up frequently without even realising what they are doing. He/she may find it easy to stop smoking if they can break the habit patterns that have built up. Cutting down gradually may be quite effective if there is a change in how and when smoking occurs. The key to success is becoming aware of each time 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.

Adapted from Brian Deakin's *Breaking the Habit*