

The "Why I Smoke" Test		Always	Frequently	Occasional	Seldom	Never
A	I smoke cigarettes to keep from slowing down.	5	4	3	2	1
B	Handling a cigarette feels pleasant and relaxing.	5	4	3	2	1
C	Smoking is pleasant and relaxing.	5	4	3	2	1
D	I light up a cigarette when I'm upset .	5	4	3	2	1
E	When I run out of cigarettes, I find it almost unbearable.	5	4	3	2	1
F	I smoke automatically without even being aware of it.	5	4	3	2	1
G	I smoke 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 about something, I light up a cigarette.	5	4	3	2	1
K	I am very much aware of the fact when I am not smoking.	5	4	3	2	1
L	I light up a cigarette without realizing I still have one burning in the ashtray.	5	4	3	2	1
M	I smoke to give myself a lift.	5	4	3	2	1
N	Part of the enjoyment of smoking is watching the smoke 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 my cares, I smoke a cigarette.	5	4	3	2	1
Q	I get a real craving for a cigarette when I haven't smoked for a while.	5	4	3	2	1
R	I've found a cigarette in my mouth and don't remember having put it there.	5	4	3	2	1

## Adding up Your Score

Use the following table to score yourself.

1. Enter your circled number for each statement in the space provided, putting the number for statement A on line A. For statement B on line B and so on.
2. Add the three scores on each line. For example, the sum of your scores on lines A, G and M gives you a total score for the "Stimulation" Category.

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

A score of 11 or more indicates an important reason. The higher the score (15 is the highest) the more important the reason. If you have a high score in more than one area, it may make quitting more difficult for you. Don't worry, this program is designed to make it easier. When you know what you derive from smoking, you can look for satisfying substitutes.