

Why do you use tobacco?

What function or need does tobacco fill in your life? Here are some statements about tobacco use. In the space before each statement, place the number that most accurately indicates how often you feel that way when using tobacco. PLEASE answer every question. If you use chewing tobacco and the statement doesn't apply to you, think of an equivalent activity to respond to.

Never = 1 Seldom = 2 Sometimes = 3 Often = 4 Always = 5

- A _____ I use tobacco in order to keep from slowing down.
- B _____ Handling a cigarette or having a chew in my mouth is part of my enjoyment
- C _____ Smoking/Chewing is pleasant and relaxing.
- D _____ I light up a cigarette or put in a chew when I feel angry about something.
- E _____ When I run out of cigarettes or chew, I find it unbearable until I can get some.
- F _____ I smoke/chew automatically, without even being aware of it.
- G _____ I smoke/chew to stimulate me, to perk myself up.
- H _____ Part of my enjoyment comes from the steps I take to light up/put in a dip.
- I _____ I find cigarettes/ chew pleasurable.
- J _____ When I feel uncomfortable or upset, I light up a cigarette or put in a chew.
- K _____ When I am not smoking/chewing I am very aware of it.
- L _____ I light up a cigarette without realizing I have one burning in the ashtray.
- M _____ I smoke/chew to give me a lift
- N _____ When I smoke, part of my enjoyment is watching the smoke exhale
- O _____ I want a cigarette/chew most when I am comfortable and relaxed
- P _____ When I feel down or want to take my mind off worries, I smoke/chew.
- Q _____ I get a real gnawing hunger for a cigarette/chew when I haven't had one in a while
- R _____ I've found a cigarette/ chew in my mouth and not remembered putting it there.

SCORING

Enter the number you have placed before each question in the corresponding space below. Add the 3 scores in each row to get your totals. For example, the sum of your scores from "A", "G" and "M" gives your score for Stimulation.

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

The scores you receive in this exercise help you determine what kind of user you are. It'll help you understand the reasons why you use tobacco. Any score above 11 indicates an important factor. The higher the score, the more important the factor is in your tobacco experience. Once you've figured that out you can figure out which areas to work on first.

USE TYPES

STIMULATION

These cigarettes give you an "up" feeling and get you going, even pull you out of bed in the morning. So try... a brisk walk or running in place; checking gum; a new stimulating hobby; a cold glass of water or juice; chewing ice cubes.

HANDLING

You need these to keep the "fidgets" away. So try... doodling; cutting a straw in half and holding it like a cigarette; handling "worry beads" or a smooth stone; playing with "pop" beads; playing with a plastic cigarette or toothpick or pencil or pen; taking up knitting or crocheting or needlework.

RELAXATION or "REWARD"

These are the pleasurable times of day or night when you want to sit back and relax or reward yourself for jobs or chores well done. So try.... thinking back to what you used for rewards and relaxation before you started smoking: substitute another pleasurable option such as low-cal, healthy foods; a social activity that you enjoy; hiring a reputable massage therapist to give you a weekly back rub; buying yourself a trinket or piece of clothing you have admired; learn some good stress management techniques such as daily relaxation- you are worth it!

HABIT

These are the cigarettes that help you answer the telephone, start the car, prepare the meals, write out the bills, drink your coffee, get you through endless paperwork and amount to HABIT and REPETITION. So try... becoming aware of each of these habit cigarettes; ask yourself, "Do I really need this cigarette?" and have an alternative plan.

CRUTCH or STRESS

These are just cigarettes that we have used to get us through stress situations. You can get through these situations without them and be immensely rewarded with self-pride. Start reading books on stress management; attend local stress workshops.

CRAVING or ADDICTION

Craving is just having cigarettes on our mind every waking moment and even craving them in the middle of the night. Just admitting that we are addicted eliminates the control they have over us; resisting the temptation to go back to smoking is usually easy because we never want to go through quitting again.