

Jamison: Patient Education and Wellness

HANDOUT 16.7: SELF-ASSESSED RATIONALE FOR SMOKING

Check the following items and identify the group that best fits your behaviour.

- ☐ Group A: Smoking for stimulation
- I smoke cigarettes to keep me alert
 - I smoke to give me a 'pick up'
 - I smoke to help me stay on the run
 - Smoking perks me up
- ☐ Group B: Smoking for sensory satisfaction
- I enjoy the ritual of lighting a cigarette
 - I like the feel of a cigarette between my fingers
 - I like to watch the smoke curling from my cigarette
 - I like to watch the smoke as I breathe out/make smoke rings
- ☐ Group C: Smoking for relaxation
- Smoking cigarettes relaxes me
 - I enjoy a cigarette most when I am comfortably relaxed
 - Smoking gives me pleasure
 - I light up when relaxing with friends
- ☐ Group D: Smoking from habit
- I sometimes light a cigarettes without realizing I already have one burning
 - I sometimes smoke without realizing it
 - I sometimes find a smouldering cigarette in my hand without remembering lighting up
 - I smoke automatically
- ☐ Group E: Smoking as a crutch
- I light up when I am anxious
 - I light up when annoyed
 - I smoke a cigarette when I am tense
 - I smoke to take my mind off my problems
- ☐ Group F: Smoking to satisfy a craving/addiction
- I have difficulty refraining from smoking in non-smoking public places
 - I smoke more in the morning than later in the day
 - I enjoy the first cigarette of the day most
 - I am unbearable when I run out of cigarettes

Knowing why and how you smoke helps with choosing how to quit.