



The Why Test

Next to the following statements, mark the number that best describes your own experience.

- 1 Never
- 2 Rarely
- 3 Once in a while
- 4 Most of the time
- 5 Always

<input type="checkbox"/>	A I smoke to keep myself from slowing down.
<input type="checkbox"/>	B Handling a cigarette is part of the enjoyment of smoking it.
<input type="checkbox"/>	C Smoking is pleasant and relaxing.
<input type="checkbox"/>	D I light up a cigarette when I feel angry about something.
<input type="checkbox"/>	E When I'm out of cigarettes, it's near torture until I get more.
<input type="checkbox"/>	F I smoke automatically, without even being aware of it.
<input type="checkbox"/>	G I smoke when other people around me are smoking.
<input type="checkbox"/>	H I smoke to perk myself up.
<input type="checkbox"/>	I Part of the enjoyment of smoking is preparing to light up.
<input type="checkbox"/>	J I get pleasure from smoking.
<input type="checkbox"/>	K When I feel uncomfortable or upset, I light up a cigarette.
<input type="checkbox"/>	L I'm very much aware of it when I'm not smoking a cigarette.
<input type="checkbox"/>	M I often light up a cigarette while one is still burning in the ashtray.
<input type="checkbox"/>	N I smoke cigarettes with friends when I'm having a good time.
<input type="checkbox"/>	O When I smoke, part of my enjoyment is watching the smoke as I exhale.
<input type="checkbox"/>	P I want a cigarette most often when I'm comfortable and relaxed.
<input type="checkbox"/>	Q I smoke when I'm "blue" and want to take my mind off my problems.
<input type="checkbox"/>	R I get a real craving for a cigarette when I haven't had one in a while.
<input type="checkbox"/>	S I've found a cigarette in my mouth and haven't remembered that it was there.
<input type="checkbox"/>	T I always smoke when I'm out with friends at a party, bar, etc.
<input type="checkbox"/>	U I smoke cigarettes to get a lift.

The Why Test Scorecard

Write the number you put beside each letter in **THE WHY TEST** beside the same letter in the scorecard. For example, if you marked a "3" beside question "C" on the test, put a "3" beside the letter "C" on the scorecard. Then, add up the numbers to get totals for each category.

A	H	U
<input type="text"/>	<input type="text"/>	<input type="text"/>

Stimulation total: _____

"IT STIMULATES ME"

With a high score here, you feel that smoking gives you energy, keeps you going. So, think about alternatives that give you energy, such as washing your face, brisk walking or jogging.

B	I	O
<input type="text"/>	<input type="text"/>	<input type="text"/>

Handling total: _____

"I WANT SOMETHING IN MY HAND"

There are a lot of things you can do with your hands without lighting up. Try doodling with a pencil, knitting or get a 'dummy' cigarette to play with.

C	J	P
<input type="text"/>	<input type="text"/>	<input type="text"/>

Pleasure/Relaxation total: _____

"IT FEELS GOOD"

A high score means that you get a lot of physical pleasure out of smoking. Various forms of exercise can be effective alternatives. People in this category may be helped by the use of nicotine chewing pieces or transdermal patch.

D	K	Q
<input type="text"/>	<input type="text"/>	<input type="text"/>

Crutch/Tension total: _____

"IT'S A CRUTCH"

Finding cigarettes to be comforting in moments of stress can make stopping tough, but there are many better ways to deal with stress. Learn to use relaxation breathing or another technique for deep relaxation instead. People in this category may be helped by the use of nicotine chewing pieces or a nicotine transdermal patch.

E	L	R
<input type="text"/>	<input type="text"/>	<input type="text"/>

Craving/Addiction total: _____

"I'M HOOKED"

In addition to having a psychological dependency to smoking, you may also be physically addicted to nicotine. It's a hard addiction to break, but it can be done. People in this category are the ones most likely to benefit from the use of smoking cessation medications.

F	M	S
<input type="text"/>	<input type="text"/>	<input type="text"/>

Habit total: _____

"IT'S PART OF MY ROUTINE"

If cigarettes are merely part of your routine, one key to success is being aware of every cigarette you smoke. Keeping a diary or writing down every cigarette on the inside of your cigarette pack is a good way to do it.

G	N	T
<input type="text"/>	<input type="text"/>	<input type="text"/>

Social smoker total: _____

"I'M A SOCIAL SMOKER"

You smoke in social situation, when people around you are smoking and when you are offered cigarettes. It is important for you to remind others that you are a non-smoker. You may want to change your social habits to avoid the 'triggers' which may lead to smoking again.

Circle your highest totals. The highest totals tell you the likely reasons you smoke.