

# What Kind of Smoker Are You?

**W**hat do you get out of smoking? What does it do for you? The smoking triggers quiz will help you identify why you smoke and what kind of satisfaction you get from smoking. Please circle one number for each statement. When you are finished, go to the next page for scoring instructions.

	Always	Frequently	Occasionally	Seldom	
A. I smoke to keep myself from slowing down.	5	4	3	2	<input type="text"/>
B. Handling a cigarette is part of the enjoyment of smoking.	5	4	3	2	<input type="text"/>
C. Smoking is relaxing and pleasant.	5	4	3	2	<input type="text"/>
D. I light up when I feel angry.	5	4	3	2	<input type="text"/>
E. When I run out of cigarettes, I find it almost unbearable.	5	4	3	2	<input type="text"/>
F. I smoke automatically without being aware of it.	5	4	3	2	<input type="text"/>
G. I smoke to stimulate, or perk myself up.	5	4	3	2	<input type="text"/>
H. Part of the enjoyment of smoking comes from the steps I take to light up.	5	4	3	2	<input type="text"/>
I. I find smoking pleasurable.	5	4	3	2	<input type="text"/>
J. I light up when I feel uncomfortable or upset.	5	4	3	2	<input type="text"/>
K. I am very much aware of when I am not smoking.	5	4	3	2	<input type="text"/>
L. I light up without realizing I still have one burning in the ashtray.	5	4	3	2	<input type="text"/>
M. I smoke to give myself a "lift."	5	4	3	2	<input type="text"/>
N. When I smoke, part of the enjoyment is watching the smoke as I exhale.	5	4	3	2	<input type="text"/>
O. I want to smoke when I am relaxed and comfortable.	5	4	3	2	<input type="text"/>
P. When I feel "blue" or want to take my mind off cares and worries, I smoke.	5	4	3	2	<input type="text"/>
Q. I have a real gnawing hunger for a cigarette when I haven't smoked in a while.	5	4	3	2	<input type="text"/>
R. I've found a cigarette in my mouth and didn't remember putting it there.	5	4	3	2	<input type="text"/>