

# Your Quiz Score

To score your quiz, enter the number that corresponds with your answer to questions A through R on the lines provided. Add the three scores in each row to get your totals.

Questions			Totals		
_____		_____		_____	
A	+	G	+	M	= _____ Stimulation
_____		_____		_____	
B	+	H	+	N	= _____ Handling
_____		_____		_____	
C	+	I	+	O	= _____ Pleasurable Relaxation
_____		_____		_____	
D	+	J	+	P	= _____ Crutch - Tension reduction
_____		_____		_____	
E	+	K	+	Q	= _____ Craving - Psychological addiction
_____		_____		_____	
F	+	L	+	R	= _____ Habit

A score of 11 or above in any category triggers your need to smoke. Suggestions to help you quit:

**Stimulation:** You need to find a substitute that will give you a lift. Exercise is helpful, such as walking, jogging or an aerobics class.

**Handling:** Keep your hands busy by holding things like a pencil, pen, swizzle stick, stress ball, etc.

**Pleasurable Relaxation:** Find other ways to relax. Listen to music, go for a walk, write, do yoga, etc.

**Crutch - Tension Reduction:** Cigarettes don't have the ability to fix your problems. Don't smoke the next time you feel stressed out. Start handling stressful moments without relying on cigarettes. You need to know that you really can handle it.

**Craving - Psychological addiction:** For those who have a high score in this category, quitting is very difficult. In fact, this difficulty can become a tool - you won't want to ever have to quit again!

**Habit:** Mess it up! Keep cigarettes out of sight, smoke only in certain places, drink a lot of water.

(Adapted from the National Cancer Institute, NIH Publication No. 93-1822)

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