

Why do I smoke?

Please check all that apply:

- I can't go through half a day without smoking. ☒
- Sometimes I find myself smoking, even though I don't remember lighting up. ☓
- Smoking helps me clear my mind and think better. ☑
- I feel a strong urge to smoke when I haven't smoked in a few hours. ☒
- Smoking is one of the greatest pleasures in my life. ☓
- I enjoy the steps in lighting a cigarette like tapping the cigarette and flicking the lighter. ☑
- I need a cigarette as soon as I wake in the morning. ☒
- I enjoy a cigarette after my meal. ☓
- I smoke when I am angry or depressed. ☑
- If I don't smoke, I feel anxious. ☒
- Smoking relaxes me. ☓
- I feel more comfortable with a cigarette in my hand. ☑

☒ - If you chose more statements with this symbol, then you are addicted to the nicotine in tobacco. Being hooked on nicotine is a form of drug addiction. Your body craves it and you experience withdrawal symptoms when you don't smoke. This is the main reason that smokers continue to smoke.

☓ - If this symbol was marked repeatedly, then you smoke out of habit. You have formed links between your daily activities and smoking. You may smoke after a meal, on a coffee break, while talking on the phone, or while driving. It also gives you something to do with your hands.

☑ - If this symbol was marked more than the others, then you are psychologically dependent on cigarettes. You think smoking will help you feel better when you are nervous, depressed, or stressed. Cigarettes and tobacco products cannot help you feel better or put you at ease. You feel better because you have convinced yourself that cigarettes are your source of comfort.

You may have a combination of two or more categories, but the symbol with the most checks is your main reason for continuing to smoke. To quit successfully, you should pay more attention to this factor.