

Why do you smoke?

Try the WHY Test

Answer these questions to find out why you smoke. Then you can learn the best ways to help you quit.

A. I smoke to keep myself from slowing down.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

B. I enjoy holding the cigarette.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

C. Smoking is pleasant and relaxing.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

D. I light a cigarette when I feel angry.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

E. When I am out of cigarettes, it is torture until I can get more.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

F. I smoke without being aware of when I smoke.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

keep going →

G. I smoke when other people around me are smoking.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
never rarely once in a while most of the time always

H. I smoke to perk myself up.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
never rarely once in a while most of the time always

I. I enjoy getting ready to light up a cigarette.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
never rarely once in a while most of the time always

J. I get pleasure from smoking.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
never rarely once in a while most of the time always

K. I smoke when I feel uncomfortable or upset.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
never rarely once in a while most of the time always

L. When I am not smoking, I am very aware that I am not smoking.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
never rarely once in a while most of the time always

M. I often light a cigarette when one is still burning in the ashtray.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
never rarely once in a while most of the time always

N. I smoke cigarettes with friends when I am having a good time.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

O. I enjoy watching the smoke as I blow it out.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

P. I want a cigarette most often when I am comfortable and relaxed.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

Q. I smoke when I am feeling sad and want to take my mind off things.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

R. I crave a cigarette when I have not had one in a while.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

S. I have found a cigarette in my mouth and did not remember it was there.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

T. I always smoke when I am out with my friends at a party or bar etc.

1 _____ 2 _____ 3 _____ 4 _____ 5
never rarely once in a while most of the time always

one more question →

U. I smoke cigarettes to get a lift.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
never rarely once in a while most of the time always

Your 'WHY Test' Score

Write the number you put beside each letter in the boxes below. Add each set of boxes and put this in Total. Circle your highest totals to see the reasons why you smoke.

A	
H	
U	
Total	

Smoking stimulates me

You feel that smoking gives you energy and keeps you going. Try to do things that give you energy instead, like washing your face, walking, jogging or a hobby you enjoy.

B	
I	
O	
Total	

I want something in my hand

There are many things you can put in your hand instead of a cigarette. Try pencil doodling, knitting, holding a small smooth stone, penny or rubber cigarette.

C	
J	
P	
Total	

Smoking feels good

You get a lot of physical pleasure out of smoking. Exercise can be a good thing to do instead. Some people in this group find chewing nicotine gum or using the nicotine patch helpful.

D	
K	
Q	
Total	

Smoking is a crutch to manage stress

There are many ways to deal with stress instead of smoking. Take some time to find something you would like to do such as relaxation breathing, meditation or music therapy. Ask other people how they manage stress.

E	
L	
R	
Total	

I am hooked on smoking

You may have a psychological and physical addiction to nicotine. Chewing nicotine gum or wearing a nicotine patch may help.

F	
M	
S	
Total	

It is part of my routine

If smoking is a habit, it helps to become aware of every cigarette you smoke. Keep a diary or write down every cigarette you smoke on the inside of your cigarette pack.

G	
N	
T	
Total	

I am a social smoker

You smoke when people are around you smoking or they offer you a cigarette. Remind others that you are a non-smoker. You may want to change your social habits to avoid places that lead you to smoke.

Large Print version of the Why Test from: Butting Out for Life: A Smoking Cessation Counseling Program for pharmacists. Laval, PQ: Merrel Dow Pharmaceuticals (Canada) Inc., 1993 and the Canadian Pharmaceutical Association