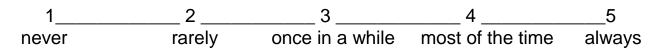


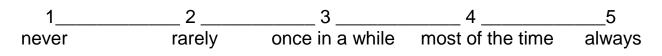
Try the WHY Test

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

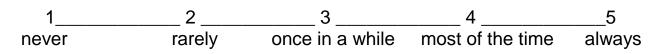
A. I smoke to keep myself from slowing down.



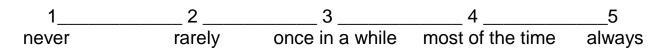
B. I enjoy holding the cigarette.



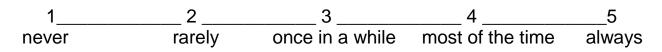
C. Smoking is pleasant and relaxing.



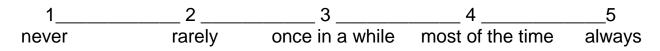
D. I light a cigarette when I feel angry.



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

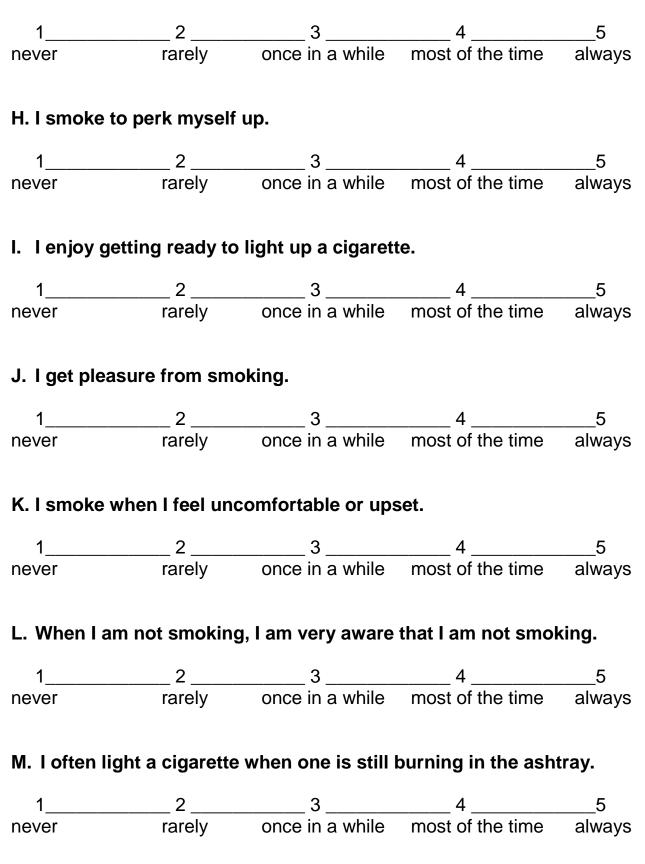


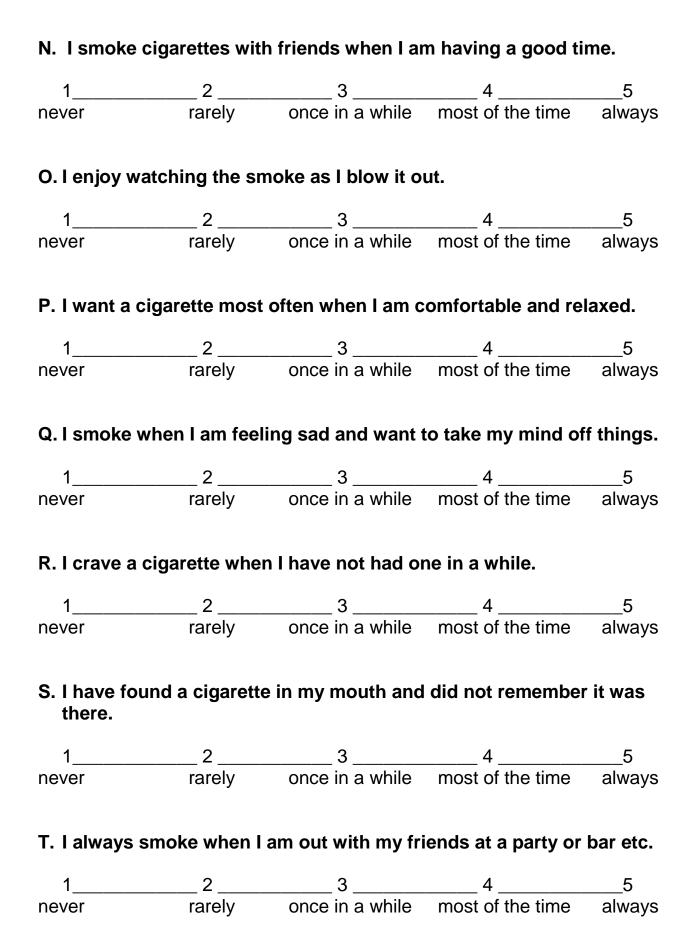
F. I smoke without being aware of when I smoke.



keep going →

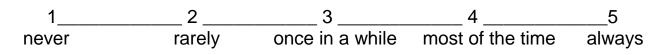
G. I smoke when other people around me are smoking.





one more question \rightarrow

U. I smoke cigarettes to get a lift.



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.

Α	
Н	
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.

В	
0	
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.

С	
J	
Р	
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	
Μ	
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	
Ν	
Т	
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