

“Why I Use Tobacco” Test

“Tobacco” means cigarettes, cigars, cigarillos, chew, dip, snuff, or pipe. Give yourself a score from 1 to 5 for each statement below:

1 = never 2 = seldom 3 = sometimes 4 = often 5 = always

- ___ A. I use tobacco to keep from slowing down.
- ___ B. Handling tobacco is part of the enjoyment of using it.
- ___ C. Using tobacco is pleasant and relaxing.
- ___ D. I use tobacco when I’m upset about something.
- ___ E. When I run out of tobacco, I find it almost unbearable.
- ___ F. I use tobacco automatically without even being aware of it.
- ___ G. I use tobacco to perk myself up.
- ___ H. Part of the enjoyment of tobacco comes from the steps I take to use it.
- ___ I. I find tobacco pleasurable.
- ___ J. When I feel uncomfortable about something, I use tobacco.
- ___ K. I am very much aware of the fact when I am not using tobacco.
- ___ L. I start to use tobacco without realizing I am already using it.
- ___ M. I use tobacco to give myself a “lift.”
- ___ N. Part of the enjoyment is in watching the smoke I exhale or looking at my spit can.
- ___ O. I want tobacco most when I am comfortable and relaxed.
- ___ P. When I feel sad or want to take my mind off my worries, I use tobacco.
- ___ Q. I get a real craving for tobacco when I haven’t used any for a while.
- ___ R. I’ve found myself using tobacco and I didn’t even remember doing it.

Enter your score for each statement above in the spaces below.

A _____ + G _____ + M _____ = _____ Stimulation

B _____ + H _____ + N _____ = _____ Handling

C _____ + I _____ + O _____ = _____ Pleasure

D _____ + J _____ + P _____ = _____ Relaxation-Stress

E _____ + K _____ + Q _____ = _____ Need for Nicotine

F _____ + L _____ + R _____ = _____ Habit

Triggers and Tips

Trigger – Stimulation

When I'm tired and need a "pick-me-up"

When I want to concentrate better

When I feel like I need to focus and get organized

Tips

You may use tobacco like caffeine: to wake up, get moving, or to keep going when you feel worn out. You may think that tobacco helps you get organized and keeps you on your toes during the day. **Nicotine is a stimulant drug!** Here are other ways to get energy.

- Get enough rest and sleep to begin with.
- Get regular exercise.
- When you feel tired, get busy doing things around the house.
- Keep your mind active. Plan your day ahead of time. Think of other things right away when you get an urge.
- Eat regular, healthy meals and snacks for energy.
- Rinse your mouth with mouthwash or brush your teeth to perk up your mouth.
- Drink cold water.
- Use sugar-free hard candy. Cinnamon flavor is good.
- Avoid using other products that contain stimulating drugs such as coffee or energy drinks—especially if you often use the products when you smoke.

Trigger – Nicotine Craving

When I get cravings after I haven't smoked in a while

When I get cravings because I'm restless or irritable

When I miss the taste or pleasure of a cigarette

Tips

Your craving for more tobacco begins to build the moment you stop using it. You feel uncomfortable when the level of nicotine drops in your blood. You may feel irritable, anxious, or restless. Here are ways to help with the nicotine withdrawal.

- Use nicotine patches, gum, or lozenges.
- Learn to recognize when nicotine "talks to you." Don't fall for "just one won't hurt."
- Stay away from things that are known to cause urges: keeping tobacco around, hanging out with smokers.
- Don't buy tobacco for others. Ask other smokers at your house to smoke outside and keep tobacco out of sight.
- Change your routine: get up from the table after a meal, or drink tea in the living room instead of coffee in the kitchen.
- Tell people firmly, "I QUIT!"

Trigger – Pleasure

When I'm having a good time

When I want to reward myself for having done a good job on something

Social events such as playing cards or dining out

At a party or social gathering

When I'm bored.

Tips

You enjoy using tobacco and feel better after you use it. This strengthens your habit. **Nicotine IS a drug of pleasure and works on the pleasure center of the brain!** Here are healthier ways to enjoy yourself.

- Remind yourself of all the benefits of quitting: better health for you and your family, easier to breathe, more energy, more money in your pocket, you smell better.
- Keep a list of pleasures of being tobacco-free in your pocket/purse where you used to keep your tobacco.
- Treat yourself to a different pleasure: a night out or shopping. Save the money that you would have spent on cigarettes for a special vacation.
- Spend time with your friends or faith community, go to the movies, or work on a favorite hobby.
- Enjoy the pleasure of your success in quitting tobacco.

Trigger – Habit

Being around other people who are smoking

When my friends or family invite me to smoke with them

When I have my morning coffee

When I take a coffee break

When I'm drinking alcohol or around others drinking

When I'm driving a car

When I'm watching television

When I'm talking on the telephone

When I first wake up in the morning

During or after a meal

Tips

Using tobacco may have become automatic. You might not even like it any more or miss it very much when you stop. Here are ways to break the habit.

- Change your tobacco routines. Keep it in a different place. Don't do any other activity while using it. Limit use to some place that is inconvenient such as outside or a certain room.
- When you want to use tobacco, wait for five minutes. Do something else first. Ask yourself, "Is this what I really need right now?"
- Cutting down gradually may make it easier to stop completely. Change to a brand of tobacco that you don't like. Then set a Quit Date and stick to it.
- Tell family and friends. Ask for their help in smoking outside and not offering you any tobacco.
- Have the inside of your car and house thoroughly cleaned. Enjoy the fresh smell!
- Think of alternative ways to take a break at work or at home, such as taking a short walk with a friend.

Trigger – Relaxation-Stress

When I'm feeling restless, fidgety or 'uptight'

When I'm worried or frightened

During a crisis or unexpected event

When I need to relax

When I'm taking a break

When I'm angry and need to calm down

When I'm feeling sad, blue, or down in the dumps

When I think about my military experiences

Tips

You may use tobacco as a crutch to cope with stress. You may find it easy to quit when things are good, but tough when things go wrong. Follow these tips to help cope with problems that create stress and tension.

- Think of the word **HALT: Hungry? Angry? Lonely? Tired?** Think of what you really need and treat those issues first.
- When you are upset, talk to a friend, take a walk, or listen to your favorite music.
- Do relaxation exercises like deep breathing, imagine a peaceful place, take a long hot shower, or get a massage. Take time each day for yourself to relax, no matter how busy you are.
- Avoid stressful situations to begin with, if possible.
- Get enough rest and you will feel less stress.

Trigger - Handling

When I need to do something with my hands

When I want to go through the ritual of lighting up and handling a cigarette

Tips

You like handling the tobacco, lighters, and matches needed. It just “feels right” to have a cigarette, cigar, or pipe in your hands or mouth. These tips may help keep your hands busy.

- Take up a hobby or sport that keeps your hands busy, such as building models, carpentry, painting, or making bread. Do chores that you have put off.
- Play with a coin, a polished rock, a paper clip, or twist your ring to keep your hands busy.
- Do a crossword or 500 piece puzzle.
- Clean your fingernails.
- Wear a rubber band around your wrist and snap it when you think of using tobacco.
- Eat regular meals to avoid being hungry. Use healthy snacks that are low-fat and sugar-free like carrot sticks, apple slices, or sunflower seeds in the shell.