



WHY DO YOU USE TOBACCO?

Every tobacco user is unique and the triggers that make you want to smoke/dip/chew vary from person to person. This checklist will help you understand the behaviors associated with your addiction.

To complete the Checklist, read each question carefully and then circle the number that best explains your thoughts, feelings, and behaviors.

Item	Question	Always	Frequently	Occasionally	Seldom	Never
A	I use tobacco to keep from slowing down	5	4	3	2	1
B	Handling a cigarette/dip/cigar is part of the enjoyment of using it	5	4	3	2	1
C	Using tobacco is pleasant and relaxing	5	4	3	2	1
D	I use tobacco when I am upset about something	5	4	3	2	1
E	When I run out of tobacco, I find it almost unbearable	5	4	3	2	1
F	I smoke/dip/chew without even being aware of it	5	4	3	2	1
G	I use tobacco to perk myself up	5	4	3	2	1
H	Part of the enjoyment of using tobacco comes from the steps I take to light up/chew	5	4	3	2	1
I	I find cigarettes/dip/cigars/etc. pleasureable	5	4	3	2	1
J	When I feel uncomfortable about something I use tobacco	5	4	3	2	1
K	I am very much aware of when I am not using tobacco	5	4	3	2	1
L	I sometimes start using tobacco without realizing I already have some	5	4	3	2	1
M	I use tobacco to give myself a "lift"	5	4	3	2	1
N	Part of the enjoyment of smoking is in watching the smoke I exhale	5	4	3	2	1
O	I want tobacco most when I am comfortable and relaxed	5	4	3	2	1
P	When I feel "down" or want to take my mind off my cares, I use tobacco	5	4	3	2	1
Q	I get a real craving for tobacco when I haven't had any in a while	5	4	3	2	1
R	I've found a cigarette/dip/cigar in my mouth and didn't remember putting it there	5	4	3	2	1

Notes:

FIND YOUR SCORE

To Find Your Score, take a look at how you answered each question on the previous page. Enter the number (1-5) circled for each Item (A-R) in the spaces below. Then, add the three individual numbers to create a final score for each category below.

A _____ + G _____ + M _____ = _____ *Stimulation*

B _____ + H _____ + N _____ = _____ *Handling*

C _____ + I _____ + O _____ = _____ *Pleasure*

D _____ + J _____ + P _____ = _____ *Relaxation*

E _____ + K _____ + Q _____ = _____ *Craving*

F _____ + L _____ + R _____ = _____ *Habit*

Circle those categories where your final score is 10 or more, and then read the information that relates to those categories, in the pages that follow.

Notes: