

# Inova TobaccoNET

## Why Do I Smoke or Dip?

This quiz may help you understand the ways in which you are “hooked” on cigarettes or tobacco products. Answer YES or NO to each of the questions. Write down the answer to each question and go to page 2 to determine the reasons why you smoke/dip.

	YES	NO
1. Is it difficult for you to go a half a day without smoking or dipping?		
2. Do you find yourself smoking when you are not aware of lighting one up? OR Do you find yourself dipping/chewing when you are not aware of taking a pinch?		
3. Do you smoke or dip after having an argument with someone?		
4. Do you have a recurring hunger for cigarettes or other tobacco products?		
5. Do you link your smoking or dipping with other behaviors, like drinking coffee and smoking, or talking on the phone and smoking, or playing sports and chewing, etc.?		
6. Do you consider smoking or dipping one of the most important pleasures in your life?		
7. Do you feel a need to smoke a certain minimal number of cigarettes each day or dip a certain minimal amount of tobacco each day?		
8. Do you sometimes unintentionally go a whole day without smoking or dipping?		
9. Does the thought of never smoking or dipping again make you feel unhappy?		

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## Scoring: Why Do I Smoke or Dip?

Give yourself 5 points for every "YES" answer and 0 point for every "NO" answer. Enter your scores in the appropriate spaces below. Add the scores of each line to get your grand totals.

$$\begin{array}{r} \underline{\quad} \\ \mathbf{1} \end{array} + \begin{array}{r} \underline{\quad} \\ \mathbf{4} \end{array} + \begin{array}{r} \underline{\quad} \\ \mathbf{7} \end{array} = \underline{\quad} \\ \mathbf{Nicotine} \\ \mathbf{Addiction}$$

$$\begin{array}{r} \underline{\quad} \\ \mathbf{2} \end{array} + \begin{array}{r} \underline{\quad} \\ \mathbf{5} \end{array} + \begin{array}{r} \underline{\quad} \\ \mathbf{8} \end{array} = \underline{\quad} \\ \mathbf{Habit}$$

$$\begin{array}{r} \underline{\quad} \\ \mathbf{3} \end{array} + \begin{array}{r} \underline{\quad} \\ \mathbf{6} \end{array} + \begin{array}{r} \underline{\quad} \\ \mathbf{9} \end{array} = \underline{\quad} \\ \mathbf{Psychological} \\ \mathbf{Dependency}$$

Any score of 10 or more indicates the reason(s) why you smoke or dip.

You may score high on more than one.

Knowing the reasons why you use tobacco is the first step in establishing your personal quit plan.