

### Why Do I Smoke?

- A.) I Smoke to keep myself from slowing down  
Always Frequently Occasionally Seldom
- B.) Handling a cigarette is part of the enjoyment of smoking it  
Always Frequently Occasionally Seldom
- C.) Smoking is pleasant and relaxing  
Always Frequently Occasionally Seldom
- D.) I light up when I feel angry  
Always Frequently Occasionally Seldom
- E.) When I run out of cigarettes, I find it almost unbearable  
Always Frequently Occasionally Seldom
- F.) I smoke automatically without being aware of it  
Always Frequently Occasionally Seldom
- G.) I smoke to stimulate or perk myself up  
Always Frequently Occasionally Seldom
- H.) Part of the enjoyment of smoking comes from the steps I take to light up  
Always Frequently Occasionally Seldom
- I.) I find smoking pleasurable  
Always Frequently Occasionally Seldom
- J.) I light up when I feel uncomfortable or upset  
Always Frequently Occasionally Seldom
- K.) I am very much aware of when I am not smoking  
Always Frequently Occasionally Seldom
- L.) I light up without realizing I still have one going  
Always Frequently Occasionally Seldom
- M.) I smoke to give me a "lift"  
Always Frequently Occasionally Seldom
- N.) When I smoke, part of the enjoyment is watching the smoke as I exhale it  
Always Frequently Occasionally Seldom
- O.) I want to smoke when I am comfortable and relaxed  
Always Frequently Occasionally Seldom
- P.) When I feel "blue" or want to take my mind off my cares and worries, I smoke  
Always Frequently Occasionally Seldom
- Q.) I get a real gnawing hunger for a cigarette when I haven't smoked for a while  
Always Frequently Occasionally Seldom
- R.) I've found a cigarette in my mouth and didn't remember putting it there  
Always Frequently Occasionally Seldom

*Turn to the inside to score your quiz.*

## New York State Smoker's Quitline

Trained Quitline Specialists are waiting to offer Nicotine Replacement Therapy and cessation counseling to eligible patients.

To see if you qualify for assistance, call the New York State Smoker's Quitline, toll-free at:

**1-866-NY-QUITS  
(1-866-697-8487)**

Or go online to:  
<http://www.nysmokefree.com>  
or  
<http://www.cliffordfp.com>  
(under Patients,  
Documents & Education)

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## Smoking Triggers Quiz



**Catholic Medical Partners**  
INDEPENDENT PRACTICE ASSOCIATION

## Quiz Scoring

For each answer, assign the following points:  
Always: 5, Frequently: 4, Occasionally: 3, Seldom: 2

Enter the number that corresponds with the question on the lines below and add the three numbers together for your score.

$$\frac{\quad}{A} + \frac{\quad}{G} + \frac{\quad}{M} = \underline{\hspace{2cm}} \text{ Stimulation}$$

$$\frac{\quad}{B} + \frac{\quad}{H} + \frac{\quad}{N} = \underline{\hspace{2cm}} \text{ Handling}$$

$$\frac{\quad}{C} + \frac{\quad}{I} + \frac{\quad}{O} = \underline{\hspace{2cm}} \text{ Pleasurable Relaxation}$$

$$\frac{\quad}{D} + \frac{\quad}{J} + \frac{\quad}{P} = \underline{\hspace{2cm}} \text{ Crutch: Tension Reduction}$$

$$\frac{\quad}{E} + \frac{\quad}{K} + \frac{\quad}{Q} = \underline{\hspace{2cm}} \text{ Craving: Psychological Addiction}$$

$$\frac{\quad}{F} + \frac{\quad}{L} + \frac{\quad}{R} = \underline{\hspace{2cm}} \text{ Habit}$$

What does it mean? Any score of 11 or above in any category indicates this factor motivates you to smoke or triggers your need to smoke.

### Stimulation

If you score high in this factor category, it means that you are a smoker who is stimulated by the cigarette – you feel that it helps wake you, organize your thoughts, and keep you going. If you try to give up smoking, you may want a safe substitute: a brisk walk or moderate exercise, for example, whenever you feel the urge to smoke.



### Handling

Handling things can be satisfying, but there are many ways to keep your hands busy without lighting up or playing with a cigarette. Why not toy with a pen or pencil? Or even try doodling!



### Pleasure Relaxation

It is not always easy to find out if you use cigarettes to feel good. About two-thirds of smokers score high or fairly high on accentuation of pleasure, and about half of those also score as high or higher on reduction of negative feelings.

Those who do get pleasure out of smoking often find that an honest consideration of the harmful effects of their habit is enough to help them quit. They substitute eating, drinking, social, and physical activities – within bounds and find they do not miss cigarettes.

### Crutch: Tension Reduction

Many smokers use cigarettes as a crutch in moments of stress or discomfort. But the heavy smoker, the person who tries to handle severe personal problems by smoking many times a day, is apt to discover that cigarettes do not help them deal with his problems effectively.

### Craving: Psychological Addiction

Quitting smoking is difficult for the person who is psychologically addicted. For them, the craving for the next cigarette begins to build up the moment they put one out, so tapering off is not likely to work. They must quit “cold turkey.”

It may be helpful for them to smoke more than usual for a day or two, and then stop smoking completely until the craving is gone. Giving up cigarettes may be so difficult and cause so much discomfort that, once they do quit, they will find it easy to resist the temptation to go back to smoking. Otherwise, they know they will have to go through the same agony again.

For the addicted smoker, seeing a doctor might provide extra motivation to stop. The doctor also may recommend nicotine gum or prescribe a smoking cessation medication to help the smoker break the habit.



### Habit

This kind of smoker is no longer getting much satisfaction from cigarettes. They light them frequently without even realizing they are doing so. They may find it easy to quit and stay quit if they can break the habit patterns that have built up. Cutting down gradually may be quite effective if there is a change in the way the cigarettes are smoked or the conditions under which they are smoked. The key to success is becoming aware of each cigarette you smoke. This can be done by asking yourself. “Do I really want this cigarette?” You may be surprised at how many you do not want.