



Break the Habit

A Pharmacists' Toolkit for Smoking Cessation

The Why Test

Date: _____ Name: _____

This test will identify some of the reasons you smoke. Next to the following statements, mark the number that best describes your own experience.

1 = Never 2 = Rarely 3 = Once in a while 4 = Most of the time 5 = Always

- _____ A. I smoke to keep myself from slowing down.
- _____ B. Handling a cigarette is part of the enjoyment of smoking it.
- _____ C. Smoking is pleasant and relaxing.
- _____ D. I light up a cigarette when I feel uncomfortable, angry or upset about something.
- _____ E. When I'm out of cigarettes, it's near-torture until I can get more.
- _____ F. I smoke automatically, without even being aware of it.
- _____ G. I smoke when other people around me are smoking.
- _____ H. I smoke to perk myself up.
- _____ I. Part of enjoying smoking is preparing to light up.
- _____ J. I get pleasure from smoking.
- _____ K. When I feel uncomfortable or upset, I light up a cigarette.
- _____ L. I'm very much aware of it when I'm not smoking a cigarette.
- _____ M. I often light up a cigarette while one is still burning in the ashtray.
- _____ N. I smoke cigarettes with friends when I'm having a good time.
- _____ O. When I smoke, part of my enjoyment is watching the smoke as I exhale it.
- _____ P. I want a cigarette most often when I am comfortable and relaxed.
- _____ Q. I smoke when I'm "blue" and want to take my mind off what's bothering me.
- _____ R. I get a real craving for a cigarette when I haven't had one in a while.
- _____ S. I've found a cigarette in my mouth and haven't remembered that it was there.
- _____ T. I always smoke when I'm out with friends at a party, bar, etc.
- _____ U. I smoke cigarettes to get a lift.

Adapted from American Academy of Family Physicians. Quit Smoking Guide. Available from: https://www.aafp.org/dam/AAFP/documents/patient_care/tobacco/stop-smoking-guide.pdf.



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The Why Test Scorecard

The numbers you put beside each letter in the Why Test have transferred over to the scorecard. For example, if you marked a "3" beside question "A" on the test, a "3" has been populated beside the letter "A" on the scorecard. A total has been calculated for each category. Note your highest totals, these tell you the likely reasons why you smoke.

"It stimulates me."

You feel that smoking gives you energy and keeps you going. Think about alternative ways to boost your energy, such as a brisk walk or jogging.

_____ A
 _____ H
 _____ U
 _____ TOTAL

"I want something in my hand."

There are lots of things you can do with your hands without lighting up a cigarette. Try doodling with a pencil or playing with putty or a straw.

_____ B
 _____ T
 _____ O
 _____ TOTAL

"It feels good."

You get a lot of physical pleasure from smoking. Various forms of exercise or other activities that you enjoy can be effective alternatives.

_____ C
 _____ J
 _____ P
 _____ TOTAL

"It's a crutch."

It can be tough to stop smoking if you find cigarettes comforting in moments of stress. Learn to use relaxation, breathing or another technique for deep relaxation instead.

_____ D
 _____ K
 _____ Q
 _____ TOTAL

"I'm hooked."

In addition to having a psychological dependency on smoking, you may also be physically addicted to nicotine. It is a hard addiction to break, but it can be done. Talk to your pharmacist about using medication to control your withdrawal symptoms.

_____ E
 _____ L
 _____ R
 _____ TOTAL

"It's part of my routine."

If cigarettes are merely part of your routine, quitting should be relatively easy. One key to success is being aware of every cigarette you smoke. Keeping a smoking diary is a good way to do this.

_____ F
 _____ M
 _____ S
 _____ TOTAL

"I'm a social smoker."

You smoke when people around you are smoking and when you are offered a cigarette. It is important for you to avoid these situations until you are confident about being a nonsmoker. If you cannot avoid a situation in which others are smoking, remind them that you are a nonsmoker.

_____ G
 _____ N
 _____ T
 _____ TOTAL