

THE WHY TEST

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.

Source: Wilson DMC, Lindsey EA, Best JA, Gilbert JR, Wilms DG, Singer J A smoking cessation intervention for family physicians. Can Med Assoc J 1987;137(7):L613-19. Reprinted with permission from: Approaching Smoking in Pregnancy: A Guide for Health Progressionals. **College of Family Physicians of Canada, 1998.**

THE WHY TEST SCORECARD

Write the number you put beside each letter in the WHY test beside the same letter in the scorecard. For example, if you marked "3" beside question "A" on the test, put a "3" beside the letter "A" on the scorecard. Then add up the numbers to get totals for each category.

Circle the highest totals.

A **"IT STIMULATES ME"**
H Total Stimulation - With a high score here, you feel that smoking gives you energy, keeps you going. So think about alternatives that give you energy, such as washing your face, going for a brisk walk.

B **"I WANT SOMETHING IN MY HAND"**
I Total Handling - There are a lot of things you can do with your hands without lighting up. Try doodling with a pencil, knitting, or get a "dummy" cigarette you can play with.

C **"IT FEELS GOOD"**
J Total Pleasure/Relaxation - A high score means that you get a lot of physical pleasure out of smoking. Various forms of exercise can be effective alternatives. People in this category may be helped by the use of breathing techniques.

D **"IT'S A CRUTCH"**
K Total Pleasure/Relaxation - Finding cigarettes to be comforting in moments of stress can make stopping tough, but there are many better ways to deal with stress. Learn to use relaxation, breathing or another technique for deep relaxation instead.

E **"I'M HOOKED"**
L Total Addiction - In addition to having a psychological dependence to smoking, you may also be physically addicted to nicotine. It's a hard addiction to break, but it can be done. The withdrawal from the physical addiction is worst in the first 3-5 days, then it gets better. Most of the symptoms pass by 2 weeks. Choose between gradual reduction or cold turkey approaches to quitting.

F **"IT'S PART OF MY ROUTINE"**
M Total If cigarettes are part of your routine, one key to success is being aware of every cigarette you smoke. Keep a diary or write down every cigarette you smoke.

G **"I'M A SOCIAL SMOKER"**
N Total Social Smoker - You smoke in social situations, when people around you are smoking and when you are offered cigarettes. It is important for you to remind others that you are a non-smoker. You may want to change your social habits to avoid the "triggers" which may lead to smoking again.