

????? QUIZ

Take this little quiz to see how dependent you are on cigarettes:

1. I only smoke occasionally, like at parties on weekends.
2. I smoke 15 or more cigs every day.
3. I usually smoke my first cig within 30 minutes of waking up.
4. It's tough to go for more than four hours without a smoke.
5. I've tried to cut back or quit and I felt awful. I was moody, couldn't concentrate in school and had trouble sleeping.

If number 1 best describes your smoking behaviour, you may not be dependent or you have a low level of dependency.

If you identify with any of the remaining statements you're probably moderately to highly dependent. The more of the statements from 2 to 5 that describe your smoking behaviour, the higher your level of dependence.