

Assess yourself

Alcohol and Tobacco: Are Your Habits Placing You at Risk?

1 Why Do You Smoke?

Identifying why you smoke can help you develop a plan to quit. Answer the following questions and evaluate your reasons for smoking.

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| <p>1. I smoke to keep from slowing down.
 <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never</p> <p>2. I feel more comfortable with a cigarette in my hand.
 <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never</p> | <p>3. Smoking is pleasant and enjoyable.
 <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never</p> <p>4. I light up a cigarette when something makes me angry.
 <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never</p> <p>5. When I run out of cigarettes, it's almost unbearable until I get more.
 <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never</p> <p>6. I smoke cigarettes automatically without even being aware of it.
 <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never</p> <p>7. I reach for a cigarette when I need a lift.
 <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never</p> <p>8. Smoking relaxes me in a stressful situation.
 <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never</p> |
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Interpreting Part 1

Use your answers to identify some of the key reasons why you smoke, then use the tips presented in this chapter to develop a plan for quitting.

Source: Abridged and adapted from National Institutes of Health, 1990. *Why Do You Smoke?* NIH Pub. No. 93-1822. U.S. Department of Health and Human Services.

YOUR PLAN FOR CHANGE

This **Assess yourself** activity gave you the chance to evaluate your current smoking habits. Regardless of your current level of nicotine addiction, if you smoke at all, now is the time to take steps toward kicking the habit.

Today, you can:

- Develop a plan to kick the tobacco habit. The first step in quitting smoking is to identify why you want to quit. Write your reasons down and carry a copy of it with you. Every time you are tempted to smoke, go over your reasons for stopping.
- Think about the times and places you usually smoke. What could you do

instead of smoking at those times? Make a list of positive tobacco alternatives.

Within the next 2 weeks, you can:

- Pick a day to stop smoking, fill out the Behavior Change Contract (available in the front of this text and online), and have a family member or friend sign it.
- Throw away all your cigarettes, lighters, and ashtrays.

By the end of the semester, you can:

- Focus on the positives. Now that you have stopped smoking, your mind and your body will begin to feel better. Make a list of the good things about not smoking. Carry a copy with you, and look at it whenever you have the urge to smoke.
- Reward yourself for stopping. Go to a movie, go out to dinner, or buy yourself a gift.

