

LABORATORY 16.2



Complete Lab 16.2 online at
www.pearsonhighered.com/powers.

Name _____ Date _____

Instructor _____ Section _____

Tobacco Usage Inventory

This laboratory is designed to increase your awareness of your tobacco habits. Habits are sometimes difficult to break because they become unconscious acts. Unrecognized triggers may cause the desire to smoke or use the product. Breaking a habit may be as easy as identifying the trigger and substituting a healthy behavior in place of the unhealthy one.

Over the next 24 hours, take an inventory of the tobacco products you use. Identify the number of tobacco products you use each hour, where you use the product (such as a certain room of the house or in the car), when you use the product (such as after a meal or first thing in the morning), and any other factors, such as being with friends, family, alone, and so on. You must answer each question honestly to provide a valid assessment of your tobacco usage behaviors.

Time of Day	Number of Tobacco Products Used	Location	What Were You Doing before and during Usage?	Other Factors
12:00 A.M.				
1:00				
2:00				
3:00				
4:00				
5:00				
6:00				
7:00				
8:00				
9:00				
10:00				
11:00				
12:00 P.M.				
1:00				
2:00				
3:00				
4:00				
5:00				
6:00				
7:00				
8:00				
9:00				
10:00				
11:00				
12:00 A.M.				

Analyze the above chart, noting any patterns to your use of tobacco. Answer the following questions:

1. Do you smoke or use more than 1 cigarette in any given hour of the day? When?

2. Is there a particular location in your home, at school, or in a favorite restaurant or bar where you prefer to smoke? Where?
3. Do you use tobacco products more often at certain times, such as around meal time, when talking on the phone, or driving a car?
4. Is there a friend or family member present or do you smoke alone?

Now that you have identified a potential pattern to your tobacco usage, think about ways that you can change that pattern. For example:

- Look at the number of cigarettes that you used during 1 hour, and try cutting the number down by half over the next 2 weeks. Every 2 weeks, cut your usage in half.
- Identify one location from your tobacco usage chart that you will make off limits to any tobacco product over the next 2 weeks. Every 2 weeks, add another location to make off limits. Do not add any new locations to the list.
- Identify when you use the product and what the trigger event might be. For example, you may find that meal time, studying, or talking on the telephone triggers your need to smoke. Try substituting a healthy behavior, such as taking a walk after a meal, eating a piece of fruit while studying, or drinking a glass of water when using the telephone.
- Examine the other factors that may influence your tobacco usage. You may find that you smoke only when you are alone or when you are with one particular individual or group of people. Identify a way in which you can continue to socialize with your friends without tobacco. For example, plan on meeting your friends in a smokeless restaurant, bar, or building. If you smoke when alone, try performing other tasks that will keep your hands occupied.

Note that these steps may help you cut down on smoking, but by themselves they may not be enough to kick the habit. Nicotine is a highly addictive substance and may require medical intervention, such as obtaining a prescription for the nicotine patch to help you quit.

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.