



## The WHY Test

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 angry about something.
- E. When I'm out of cigarettes, it's near-torture until I can get them.
- 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.

**See Scorecard below to describe your own experience**

## SCORECARD

Write the number you put beside each letter in *The WHY Test* beside the same letter on the scorecard.

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

A ___ H ___ U ___ Stimulation Total ___	<b>"IT STIMULATES ME"</b> 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, brisk walking and jogging.
B ___ I ___ O ___ Handling Total ___	<b>"I WANT SOMETHING IN MY HAND"</b> 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 ___ J ___ P ___ Pleasure/Relaxation Total ___	<b>"IT FEELS GOOD"</b> 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 nicotine chewing pieces or a nicotine transdermal patch if medically indicated.
D ___ K ___ Q ___ Crutch/Tension Total ___	<b>"IT'S A CRUTCH"</b> 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. People in this category may be helped by the use of nicotine chewing pieces or a nicotine transdermal patch if medically indicated.
E ___ L ___ R ___ Craving Addiction Total ___	<b>"I'M HOOKED"</b> In addition to having a psychological dependency to smoking, you may also be physically addicted to nicotine. It's a hard addiction to break, but it can be done. People in this category are the ones most likely to benefit from the use of nicotine chewing pieces or a nicotine transdermal patch if medically indicated.
F ___ M ___ S ___ Habit Total ___	<b>"IT'S PART OF MY ROUTINE"</b> If cigarettes are merely part of your routine, one key to success is being aware of every cigarette you smoke. Keeping a diary or writing down every cigarette on the inside of your cigarette pack is a good way to do it.
G ___ N ___ T ___ Social Smoker Total ___	<b>"I'M A SOCIAL SMOKER"</b> 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.

Source: *Helping Pregnant and Postpartum Women and their Families to Quit or Reduce Smoking*, Health Canada, 1997. Reproduced with permission of the Minister of Public Works and Government Services Canada, 2003.



*Nursing Best Practice Guideline*