

1 = never, 2 = seldom, 3 = sometimes, 4 = frequently, 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 a cigarette is pleasant and relaxing.
- D. ___ I light up a cigarette when I feel angry about something.
- E. ___ When I run out of cigarettes, I find it almost unbearable until I can get more.
- F. ___ I smoke automatically without even being aware of it.
- G. ___ I smoke when I am by myself.
-
- H. ___ I smoke cigarettes to stimulate me, to perk myself up
- I. ___ Part of the enjoyment of smoking a cigarette comes from the steps I take to light up.
- J. ___ I find cigarettes pleasurable.
- K. ___ When I feel upset, I light up a cigarette.
- L. ___ When I am not smoking, I am very much aware of the fact.
- M___ I light up a cigarette without realizing I still have one burning in the ashtray.
- N___ I smoke when driving to keep busy.
-
- O___ I smoke cigarettes to give me a "lift".
- P___ When I smoke a cigarette, part of the enjoyment is watching the smoke as I exhale it.
- Q___ I want a cigarette most when I am comfortable and relaxed.
- R___ When I feel "blue" or want to take my mind off cares and worries, I smoke a cigarette.
- S___ I get a real gnawing hunger for a cigarette when I haven't smoked for a while.
- T___ I have found a cigarette in my mouth and did not remember putting it there.
- U___ I smoke cigarettes when I have nothing to do.

<u>Copy Answers Below...</u>	<u>Add & Total...</u>	<u>Which Part of our Program Helps With This Issue...</u>
A___ + H___ + O___ = STIMULATION	= _____ TOTAL	VITAMIN THERAPY
B___ + I___ + P___ = HANDLING	= _____ TOTAL	RE-EDUCATION
C___ + J___ + Q___ = PLEASURABLE FEELING	= _____ TOTAL	AVERSION THERAPY
D___ + K___ + R___ = TENSION, ANXIETY, ANGER	= _____ TOTAL	STRESS MANAGEMENT
E___ + L___ + S___ = PSYCHOLOGICAL ADDICTION	= _____ TOTAL	HYPNOSIS, RE-EDUCATION
F___ + M___ + T___ = HABIT	= _____ TOTAL	RE-EDUCATION, WEIGHT CONTROL
G___ + N___ + U___ = BOREDOM	= _____ TOTAL	RE-EDUCATION, WEIGHT CONTROL

Stop-Smoking-Clinic-USA.Com
\$99 ONLINE