

# Assess Your Tobacco Use

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Whether you want to think about kicking your tobacco habit or not, you might find it interesting to take a look at the ways tobacco has worked its way into your everyday life.

Click on your response:	Rarely	Sometimes	Often
Smoking or chewing tobacco is something I do when I'm out having a good time with friends.			
I smoke or chew when I need a "lift."			
Instead of having a snack when I'm hungry, I smoke a cigarette.			
I smoke after I've had an argument with someone.			
I socialize with other people who smoke.			
I smoke when I feel angry or upset.			
When I feel "down" or want to take my mind off my worries, I smoke a cigarette.			
I skip meals and smoke cigarettes instead.			
I use tobacco more when I'm with my friends.			
I smoke cigarettes when I need to concentrate.			
I light up a cigarette when I feel uncomfortable or nervous about something.			
I think smoking helps me control my weight.			
I have a cigarette or chew tobacco when I start feeling restless.			

By looking at how tobacco has become a part of your everyday life, you can identify stressors that cause you to smoke. You may find it easier to decide to quit using tobacco if you find healthy alternatives that replace your habitual tobacco use.