

## Am I Ready to Quit Smoking?

This quiz assumes that you consider yourself an addicted smoker and are concerned about the effects of smoking. This is not a measurement of the severity of the addiction.

Answer each question by circling the appropriate answer for each statement. Remember there are no right or wrong answers.

1. I spend too much money on smoking.
  - Strongly disagree=1 point
  - Disagree=2 points
  - Agree=3 points
  - Strongly agree=4 points
2. My family will not be harmed if I get cancer, heart or lung disease.
  - Strongly disagree=4 points
  - Disagree=3 points
  - Agree=2 points
  - Strongly agree=1 point
3. My smoking is a burden to my family.
  - Strongly disagree=1 point
  - Disagree=2 points
  - Agree=3 points
  - Strongly agree=4 points
4. One or more of my loved ones have pleaded with me to quit.
  - Strongly disagree=1 point
  - Disagree=2 points
  - Agree=3 points
  - Strongly agree=4 points
5. I worry that my smoking (secondhand smoke) will adversely affect the health of my family.
  - Strongly disagree=1 point
  - Disagree=2 points
  - Agree=3 points
  - Strongly agree=4 points
6. I avoid activities such as going to the movies because it's difficult to go that long without a cigarette.
  - Strongly disagree=1 point
  - Disagree=2 points
  - Agree=3 points
  - Strongly agree=4 points
7. The pleasure I get from smoking is worth the hassle.
  - Strongly disagree=1 point
  - Disagree=2 points
  - Agree=3 points
  - Strongly agree=4 points
8. It is convenient for me to smoke.
  - Strongly disagree=4 points
  - Disagree=3 points
  - Agree=2 points
  - Strongly agree=1 point
9. I am disgusted with my smoking.
  - Strongly disagree=1 point
  - Disagree=2 points
  - Agree=3 points
  - Strongly agree=4 points
10. I will be one of the lucky ones who avoids dying from a smoking-related illness.
  - Strongly disagree=4 points
  - Disagree=3 points
  - Agree=2 points
  - Strongly agree=1 point
11. Smoking has limited my participation in activities that I enjoy.
  - Strongly disagree=1 point
  - Disagree=2 points

- Agree=3 points
  - Strongly agree=4 points
12. I have family members that would support me if I tried to quit.
- Strongly disagree=1 point
  - Disagree=2 points
  - Agree=3 points
  - Strongly agree=4 points
13. I have friends and/or co-workers that would support me if I tried to quit smoking.
- Strongly disagree=1 point
  - Disagree=2 points
  - Agree=3 points
  - Strongly agree=4 points
14. If my doctor offered a treatment that would lessen the severity of withdrawal and cravings by 30 percent, I would try it.
- Strongly disagree=1 point
  - Disagree=2 points
  - Agree=3 points
  - Strongly agree=4 points

## Results

Total your score. If your score is:

**14-26 points:** You do not currently perceive your smoking to be in conflict with many important areas of your life. You do not see immediate reasons to quit at this time. Many young smokers, especially those with friends who smoke, do not experience the conflicts and hassles that older smokers experience. Addicted smokers often minimize the effects of smoking on their life because they can't reconcile the conflicts or imagine life without smoking. Unfortunately, the fear of developing a serious smoking-related illness in the future does not generally motivate smokers to quit. It's often the more immediate problems and conflicts with personal values that provide the necessary motivation to quit. Learning the facts about smoking and why it's so addictive and difficult to quit will prepare you for that inevitable day when you do quit. And remember, all smokers eventually quit. If you need to seek professional help, contact your employee assistance program (EAP) or another health professional.

**27-41 points:** Smoking is causing value conflicts for you. On the one hand, you recognize the hassle and health risks, and on the other hand, you can't imagine life without smoking. This ambivalence could be because you minimize the effects of smoking on your life. By learning more, you will increase your motivation to quit. Unfortunately, the fear of developing future health problems does not generally motivate smokers to quit. It's often the more immediate problems, hassles and conflicts with personal values that provide the necessary motivation. Talking with concerned loved ones or a professional may help. Your EAP is a good place to start. Learning the facts about smoking and why it's so addictive and difficult to quit will prepare you for that inevitable day when you do quit. And remember, all smokers eventually quit.

**42-56 points:** You are very aware of the conflicts that smoking is causing in your life. You are a good candidate for smoking cessation. You should educate yourself on the latest treatment options and strategies for quitting. Please consider seeking professional help through your EAP or another health professional.

By Drew Edwards, EdD, MS  
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