



WHY DO YOU SMOKE?

TAKE THE TEST!

Better understanding why you smoke can help you find ways of dealing with your triggers. The Canadian Cancer Society (CCS) invites you to take the Horn Test(1) so you can determine what factors drive you to smoke. Check the appropriate box:

	ALWAYS	FREQUENTLY	OCCASIONALLY	SELDOM	NEVER
	5	4	3	2	1
A I smoke cigarettes to give me a boost and to stay awake					
B I enjoy handling a cigarette					
C Smoking a cigarette is relaxing					
D I light up a cigarette when I'm upset or frustrated					
E When I run out of cigarettes, I rush out to buy some more					
F I smoke cigarettes automatically without even being aware of it					
G I smoke cigarettes to give me courage					
H Part of the enjoyment of smoking a cigarette comes from the steps I take to light up					
I Smoking gives me a lot of pleasure					
J When I feel uncomfortable, I light up a cigarette					
K I feel isolated when I am not smoking					
L I light up a cigarette without realizing I still have one burning in the ashtray					
M I smoke cigarettes to make a statement					
N I enjoy watching smoke rings					
O I grab a cigarette even if I'm relaxed					
P I smoke to forget I'm sad or depressed					
Q I need to have something in my hands all the time					
R I forget I have a cigarette in my mouth					

RESULTS

Add up the points given to the following questions.

Questions : **A + G + M** **B + H + N** **C + I + O** **D + J + P** **E + K + Q** **F + L + R**

Total :

--	--	--	--	--	--

Reasons to smoke : **STIMULATION** **THE PLEASURE OF SMOKING** **RELAXATION** **PSYCHOLOGICAL SUPPORT** **PHYSICAL NEED** **HABIT**

A total of **more than 10 points** indicates you have a reason to smoke.

STIMULATION:

For you, smoking is mostly a source of stimulation. You think that smoking increases your concentration, gives you courage and motivates you. Nicotine is indeed a stimulant, it boosts your metabolism to give you the feeling of being more alert. How can you stimulate your body and mind differently?

THE PLEASURE OF SMOKING:

For you, smoking is more associated with the pleasure you get out of it rather than with the physical dependency. How can you be creative in finding substitutes for cigarettes?

RELAXATION:

You smoke mostly to relax and escape. In a nutshell, smoking makes you feel good. What other activities could bring you relaxation and well-being?

PSYCHOLOGICAL SUPPORT:

For you, smoking is a way of dealing with emotions like stress, anxiety or boredom. You find smoking comforting and soothing. What can help you manage your emotions differently?

PHYSICAL NEED:

For you, smoking is first and foremost a physical need. You have the urge to smoke as soon as you wake up. How can you break free from it?

HABIT:

You smoke mostly out of habit. It's more of a reflex than a necessity. You can't imagine certain daily situations without a cigarette: after a meal, with coffee, during work breaks... What would you like to change in your routine?

- **What do those reasons tell you about yourself?**
➤ **On which ones would you like to focus in your effort to quit smoking?**

¹ This is a translation of a document adapted from:

tabac-info-service.fr (smoking cessation help website from the French Ministère de la Santé, de la Jeunesse et des Sports)
arreter-la-cigarette.com
tabac-net.aphp.fr
vittavi.fr

You want to quit smoking, you're not alone!

Consellers from the iQuitnow helpline and quit smoking centres are there to help you along the way.
Call **1 866 JARRETE** (1 866 527-7381) and visit **iquitnow.qc.ca**.

I QUIT NOW
1-866-527-7383

