

QUIT SMOKING SELF-ASSESSMENT

By Janis Rosen

*You can create a happy,
healthy, smoke-free future!*



SMOKING HISTORY

How long have you been smoking? _____ At what age did you start? _____

Describe how you started smoking. _____

Has either of your parents smoked? _____ Siblings? _____

How many cigarettes do you smoke per day? _____

How much time do you spend smoking each day? _____

Where do you smoke? _____

Who do you smoke with? Do you smoke alone? _____

How much money do you spend on smoking each (day, week, month) year? Now add the total cost of the number of years you've been smoking. _____

Have you ever tried to quit? _____ Yes _____ No

What was the longest period you stopped smoking for? What smoking cessation method did you use to quit?

Why did you start smoking again? _____

Who is affected by your smoking, besides you? How are they affected? _____

What is your smoking pattern? For example: Is there a time of day when you smoke more? Can you go for long periods of time without smoking? How long before you start to crave a cigarette? Do you wake up at night to smoke? Do you smoke more when you drink alcohol? When you socialize? When alone? On weekends?

SMOKING TRIGGERS

Triggers are a subconscious conditioned response to smoke. Certain times of the day, certain places, and even particular foods can spark a strong urge to smoke. Finish a meal and you suddenly feel a powerful craving for a cigarette. Get up from your desk to take a break and you want to light up. You will have your own unique set of triggers.

List your smoking triggers.

For example: after a meal, during a work break, with tea, coffee, cocktail or glass of wine, while driving, checking email or social media, when you feel bored, talking on the telephone – all of these can trigger a powerful urge to smoke. Being angry or under stress can trigger a craving to smoke. Even positive feelings of happiness or pleasure can be triggers.

Alcohol is a particularly difficult trigger. It contains a drug that affects your inhibitions. It's easier to say yes to a cigarette under the influence of alcohol.

How much alcohol do you consume per day, week or month? _____

If alcohol is a smoking trigger, are you willing to stop drinking up until you get on solid ground as a non-smoker or give up drinking completely? _____

Caffeine and sugar are drugs that can be powerful triggers for some people.

How much coffee, tea or caffeinated beverages do you drink each day? _____

How much soda pop do you drink each day? _____

Why do you smoke?

For example: It helps me relax, it helps me think, it helps with stress, it's pleasurable.

WHY DO YOU WANT TO QUIT SMOKING?

What are *your* reasons for quitting?

What benefits and rewards do you want to gain from quitting?

How will your life be different when you quit smoking? Who else will benefit when you quit?

WHAT TYPE OF SMOKER ARE YOU?

This self-assessment tool will help you determine what type of smoker you are.

From the following five groups of statements check off the letter of the statement from each group that describes you best. Add up the total of letters to see what type of smoker you are (for example, four As and one C would make you an A).

A_____ I need to smoke regularly throughout the day (every 20–30 minutes) or I experience cravings.

B_____ I have my special smoking rituals. (For example: after a meal, while reading the paper with a cup of coffee, or talking on the phone).

C_____ I usually smoke two cigarettes — first one, then another right after the first is finished.

D_____ I enjoy smoking when I am out socially. (Example: at a bar, social, party, dinner out or with alcohol)

E_____ I find that certain places make me want to smoke. (for example: restaurants, camping, vacations, car trips).

A_____ I find that smoking relaxes me.

B_____ I can go all morning or all day without smoking.

C_____ I have a very difficult time quitting.

D_____ I enjoy smoking while visiting with a friend. (for example: out for coffee together or over a drink at a party).

E_____ I wouldn't want to quit before I go away on a holiday.

A_____ I smoke more in the morning when I first wake up.

B_____ Smoking is a habit for me.

C_____ I think about quitting all the time.

D_____ I feel insecure when I socialize with other people.

E_____ I'll smoke a cigarette when I listen to music or hear certain songs.

A_____ I will sometimes wake up at night to have a cigarette.

B_____ I get pleasure from smoking.

C_____ I know I should quit but I really don't want to quit. I secretly wish I could keep smoking for the rest of my life.

D_____ I like the image of being a smoker. I think it is cool.

E_____ I love to smoke more at certain times of year (for example: in summer or in winter).

A_____ Smoking is an addiction for me.

B_____ Smoking is like a friend to me.

C_____ I have a hard time feeling really motivated to quit.

D_____ I feel more comfortable around people when I have a cigarette in my hand.

E_____ Certain smells make me want to smoke (for example: barbecues or campfires).

DIFFERENT TYPES OF SMOKERS

A *Physically Addicted Smoker*

You are physically addicted to a drug and need a “hit” of the drug on a regular basis (for example: every 20–30 minutes) to keep the levels of nicotine up in your body. You are dealing with a physical addiction to a drug.

B *Habit Smoker*

You are more psychologically addicted to the habit and ritual of smoking. You can go for long periods without a cigarette (for example: airplane trips or all-day meetings).

C *Combination Smoker*

You have both the habit and physical addiction locked into your nervous system. You often have a difficult time quitting and can go through tremendous withdrawal symptoms. You often smoke two cigarettes—first one, then another right after the first is finished. After two you stop for a while.

D *Social Smoker*

You use cigarettes in a social setting to create a cloud of smoke around you. The cigarettes act as a buffer to help you feel more secure.

E *Environmentally Addicted Smoker*

Environmental addiction can affect any type of smoker. This addiction is triggered by your location (for example: a restaurant or bar, on vacation or camping). You can also be triggered by a smell, sound (for example: music playing), taste, time of day or year. When you quit smoking, you need to be aware of the environmental triggers that cause your addiction.

Knowing what type of smoker you are will help you understand your smoking triggers. It will help me to know what messages to give your subconscious during hypnosis to help you successfully quit smoking.

THE LONG-TERM BENEFITS OF QUITTING SMOKING

According to the American Cancer Society, as soon as you snuff out that last cigarette, your body will begin a series of physiological changes.

Within 20 minutes

- Blood pressure, body temperature and pulse rate will drop to normal.

Within eight hours

- Smoker's breath disappears.
- Carbon monoxide level in blood drops and oxygen level rises to normal.

Within 24 hours

- Nerve endings start to regroup.
- Ability to taste and smell improves.

Within three days

- Breathing is easier.

Within two to three months

- Circulation improves.
- Walking becomes easier.
- Lung function and capacity increases.

Within one to nine months

- Coughing and shortness of breath decrease
- Sinus congestion and shortness of breath decrease.
- Cilia that sweep debris from your lungs grow back. Cilia are tiny hair-like structures that move mucus out of the lungs. They start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.
- Energy increases.

Within one year

- Excess risk of coronary heart disease is half that of a person who smokes.

Within two years

- Heart attack risk drops to near normal.

Within five years

- Lung cancer death rate for an average former pack-a-day smoker decreases by almost half.
- Stroke risk is reduced.
- Risk of mouth, throat and esophageal cancer is half that of a smoker.
- Stroke risk can fall to that of a non-smoker after two to five years.
- Cervical cancer risk falls to that of a non-smoker.

Within ten years

- Lung cancer death rate is similar to that of a person who does not smoke. The pre-cancerous cells are replaced.

Within 15 years

- Risk of coronary heart disease is the same as a person who has never smoked.

These are just a few of the benefits of permanently quitting smoking. Quitting smoking lowers the risk of diabetes, lets blood vessels work better and helps the heart and lungs. Quitting at a younger age will reduce your health risks more, but quitting at any age can give back years of life that you would lose by continuing to smoke.

Health of others

Smoking not only harms your health but it hurts the health of those around you. Exposure to secondhand smoke (also called *environmental tobacco smoke* or *passive smoking*) includes exhaled smoke as well as smoke from burning cigarettes.

Studies have shown that secondhand smoke causes thousands of deaths each year from lung cancer in healthy non-smokers. Over the past 50 years, this amounts to more than 2.5 million deaths from secondhand smoke.

If a mother smokes, there is a higher risk of her baby developing asthma in childhood, especially if she smoked while pregnant. Women who smoke during pregnancy are more likely to have babies with cleft lip, cleft palate or low birth weight.

Babies and children raised in a household with smokers have more ear infections, colds, bronchitis, and breathing problems than children in non-smoking families. Secondhand smoke is linked to sudden infant death syndrome (SIDS) and slow lung growth in children. Secondhand smoke can also cause eye irritation, headaches, nausea and dizziness.

Setting an example

If you have children, you probably want to set a good example for them. When asked, nearly all smokers say they don't want their children to smoke. But children whose parents smoke are more likely to start smoking themselves. You can become a better role model for them by quitting now.

Thank-you for taking the time to complete this questionnaire. I hope it has given you an overview and more insight about your smoking habit.

You are now a step closer to quitting smoking. You can quit smoking successfully and permanently. I can help.

*To schedule your hypnotherapy appointment today, contact me at:
phone:204-475-3444, email: janis@janisrosen.com,
www.janisrosen.com/contact.*