

# Smoke Free Assessment

- 1) How long have you been a smoker?
    - a) 1-5 years
    - b) 5-10 years
    - c) 10-20 years
    - d) As long as I can remember
  
  - 2) Is your spouse and/or family members a smoker?
    - a) spouse/partner
    - b) child(ren)
    - c) extended family
    - d) all of the above
  
  - 3) Why have you failed to stay tobacco free?  
*(You may circle more than one)*
    - a) no willpower
    - b) easily influenced
    - c) fearful of being a non-smoker
    - d) lack of self-worth
    - e) depression
  
  - 4) What are the biggest problem areas for you?  
*(You may circle more than one)*
    - a) smoking first thing in the morning
    - b) smoking after meals
    - c) smoking in the car
    - d) smoking when consuming alcohol
    - e) smoking during stressful situations
    - f) smoking when bored
    - g) smoking when depressed
    - h) all of the above
  
  - 5) I think I need
    - a) a very structured, regimented program
    - b) a semi-structured program
    - c) give me the basics and I can figure it out
    - d) other [please describe]
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- 6) The ideal amount of assistance you believe you need:
- a) very little involvement, I can do this on my own for the most part
  - b) lots of assistance and attention, I often hit roadblocks and need support to get me back on track
  - c) a moderate amount of assistance, I'm able to maintain my behaviors for the most part, but need some help from time to time when things get tough

- 7) To achieve good long-term outcome I need  
*(You may circle more than one):*
- a) someone to keep me responsible by checking up on me each week.
  - b) To learn how to become independent of external control
  - c) I would like a minimum of involvement from others

8) Briefly describe a typical day in your life with special attention to where and when you smoke.

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9) How many hypnosis sessions do you believe that you'll need to achieve good long-term outcome? \_\_\_\_\_

10) Thinking of times you quit previously, what was the longest time you spent smoke free? \_\_\_\_\_

11) Please describe what happened the last time you committed to stopping smoking. How long did you stay involved with it?

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12) In hindsight, what caused you to begin deviating from your commitment?

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13) In hindsight, what caused you to abandon the effort?

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14) What situations are most likely to cause you to violate your plan and go back to smoking?

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How frequently do these thoughts pop into your mind?

Use the 5 point scale: 0 – Never, 1 - Rarely, 2 - Sometimes, 3 - Frequently, 4 - All the time

- \_\_\_\_\_ I'm so weak
- \_\_\_\_\_ I can't get started
- \_\_\_\_\_ I wish I could have more respect for myself
- \_\_\_\_\_ nothing feels good anymore
- \_\_\_\_\_ I'm worthless
- \_\_\_\_\_ there must be something wrong with me
- \_\_\_\_\_ I can't finish anything
- \_\_\_\_\_ I knew I could do it
- \_\_\_\_\_ I look forward to new challenges
- \_\_\_\_\_ I take it as it comes
- \_\_\_\_\_ I can handle the situation

**For next questions rate your answers as:**

**Highly Improbable or Highly Probable**

**-2 -1 0 +1 +2**

- \_\_\_\_\_ I will carry through my responsibilities successfully
- \_\_\_\_\_ No matter how hard I try, things just won't turn out the way I would like
- \_\_\_\_\_ My motivation will decline over time and I will not stay the course
- \_\_\_\_\_ I will become demoralized and abandon this effort
- \_\_\_\_\_ I will do what it takes to achieve good long-term outcome.



## SMOKING TRIGGER PROFILE

**INSTRUCTIONS :** Here are some statements made by people to describe what they get out of smoking cigarettes. How often do you feel this way when smoking them?  
Circle one number for each statement. **Important: Answer every question.**

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|--|-----------|
| A. I smoke cigarettes in order to keep myself from slowing down.                         | 5 4 3 2 1 |
| B. Handling a cigarettes is part of the enjoyment of smoking it.                         | 5 4 3 2 1 |
| C. Smoking cigarettes is pleasant and relaxing.  | 5 4 3 2 1 |
| D. I light up a cigarette when I feel angry about something.                             | 5 4 3 2 1 |
| E. When I have run out of cigarettes I find it almost unbearable until I can get them.   | 5 4 3 2 1 |
| F. I smoke cigarettes automatically without even being aware of it.                      | 5 4 3 2 1 |
| G. I smoke cigarettes to stimulate me, to perk myself up.                                | 5 4 3 2 1 |
| H. Part of the enjoyment of smoking a cigarette comes from the steps I take to light up. | 5 4 3 2 1 |
| I. I find cigarettes pleasurable.  | 5 4 3 2 1 |
| J. When I feel uncomfortable or upset about something, I light up a cigarette.           | 5 4 3 2 1 |
| K. I am very much aware of the fact when I am not smoking a cigarette.                   | 5 4 3 2 1 |
| L. I light up a cigarette without realizing I still have one burning in the ashtray.     | 5 4 3 2 1 |
| M. I smoke cigarettes to give me a "lift."   | 5 4 3 2 1 |
| N. When I smoke a cigarette, part of the enjoyment is watching the smoke as I exhale it. | 5 4 3 2 1 |
| O. I want a cigarette most when I am comfortable and relaxed.                            | 5 4 3 2 1 |
| P. When I feel "blue" or want to take my mind off cares and worries, I smoke cigarettes. | 5 4 3 2 1 |
| Q. I get a real gnawing hunger for a cigarette when I haven't smoked for a while.        | 5 4 3 2 1 |
| R. I've found a cigarette in my mouth and didn't remember putting it there.              | 5 4 3 2 1 |

office use only

_____	+	_____	+	_____	=	_____	Stimulation
A		G		M			
_____	+	_____	+	_____	=	_____	Handling
B		H		N			
_____	+	_____	+	_____	=	_____	Pleasurable Relaxation
C		I		O			
_____	+	_____	+	_____	=	_____	Crutch: Tension Reduction
D		J		P			
_____	+	_____	+	_____	=	_____	Craving: Physiological Dependence
E		K		Q			
_____	+	_____	+	_____	=	_____	Habit