Abstaining – Cigarettes

Here are some reasons people give for not smoking cigarettes, or for stopping use. Please tell us which reasons are true for you. Mark all that apply.

|  |  |  |
| --- | --- | --- |
| 1. | Concerned about possible psychological damage. | Yes / No |
| 2. | Concerned about possible physical damage. | Yes / No |
| 3. | Don’t feel like getting high. | Yes / No |
| 4. | My parents would disapprove. | Yes / No |
| 5. | It might lead to stronger drugs. | Yes / No |
| 6. | It’s against my beliefs. | Yes / No |
| 7. | Concerned about possible loss of control of myself. | Yes / No |
| 8. | Concerned about becoming addicted to nicotine. | Yes / No |
| 9. | I don’t like being with the people who use it. | Yes / No |
| 10. | Concerned about loss of energy or ambition. | Yes / No |
| 11. | My friends don’t use it. | Yes / No |
| 12. | My husband/wife (or boyfriend/girlfriend) would disapprove. | Yes / No |
| 13. | Not enjoyable, I didn’t like it. | Yes / No |
| 14. | Too expensive. | Yes / No |
| 15. | Not available. | Yes / No |