

## When Do I Use Tobacco?

Please check all that apply to you in the left column. Over time you will find answers to complete the right hand column.

	When Do You Typically Smoke or Use Tobacco?	Steps to Take When Quitting
	When I am bored	
	When I am stressed, anxious or nervous	
	When I am feeling down , sad or depressed	
	When I am upset, angry or irritated	
	When drinking alcohol alone	
	When drinking alcohol with someone else	
	When using another drug, specify:	
	When drinking beverages with Caffeine	
	During and/or after mealtimes	
	When around other smokers	
	When socializing	
	When talking on the phone	
	When watching TV	
	When listening to music	
	When driving or riding in the car	
	When on the computer	
	When taking a break	
	I use tobacco as a reward	
	After sex	
	Other:	