

# 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
<input type="checkbox"/>	When I am bored	
<input type="checkbox"/>	When I am stressed, anxious or nervous	
<input type="checkbox"/>	When I am feeling down , sad or depressed	
<input type="checkbox"/>	When I am upset, angry or irritated	
<input type="checkbox"/>	When drinking alcohol alone	
<input type="checkbox"/>	When drinking alcohol with someone else	
<input type="checkbox"/>	When using another drug, specify:	
<input type="checkbox"/>	When drinking beverages with Caffeine	
<input type="checkbox"/>	During and/or after mealtimes	
<input type="checkbox"/>	When around other smokers	
<input type="checkbox"/>	When socializing	
<input type="checkbox"/>	When talking on the phone	
<input type="checkbox"/>	When watching TV	
<input type="checkbox"/>	When listening to music	
<input type="checkbox"/>	When driving or riding in the car	
<input type="checkbox"/>	When on the computer	
<input type="checkbox"/>	When taking a break	
<input type="checkbox"/>	I use tobacco as a reward	
<input type="checkbox"/>	After sex	
<input type="checkbox"/>	Other:	