

# BREATHE NOW QUESTIONNAIRE

**Thank you for choosing to answer this questionnaire and sending the results to me.** The following statements may apply to how you speak to yourself about tobacco products and why you use them. This list of thoughts contributes to your picture of yourself as a person who uses tobacco products. This is just a study of your tobacco habit, and is absolutely not a criticism of who you are as a person.

Often	Sometimes	Never
		I need to use tobacco to help me get going in the morning.
		I use tobacco to ward off people and problems that are presented to me in my daily life.
		I use tobacco at automatic times, like when I am shaving, starting to drive my car, with coffee, with alcohol, using the telephone, using the toilet, coming out of a meeting or a movie or playing cards.
		I use tobacco when I feel the need to deal with anxiety, fears, worries and/or threats.
		I use tobacco to promote regular bowel movements.
		I use tobacco to help me pass the time when I am waiting for a person, taxi, bus or train.
		I use tobacco to get me started on a task in my job or at home.
		I use tobacco to legitimately procrastinate.
		I use tobacco to concentrate better.
		I use tobacco to help protect myself, i.e. from bad news, either on the phone or in person.
v		I use tobacco to get tough and/or withstand difficulties.
		I use tobacco to look tough, to appear strong, to avoid showing weakness or vulnerability.
		I use tobacco to stay calm under pressure.
		I use tobacco to appear calm and collected.
		I use tobacco when I am settling in for a long trip.
		I use tobacco to celebrate my accomplishments.
		I use tobacco to soothe myself from a loss or mistake that embarrassed me.
		I use tobacco to cover up feelings of inadequacy, insecurity or shame.
		I use tobacco to relieve my feelings of social awkwardness.
		I use tobacco to cover up feelings when I was dishonest or didn't accomplish a task.
		I use tobacco to subdue rage during or after an argument.
		I use tobacco to help me to find solace when I feel abused or treated unfairly.
		I use tobacco to lift me when I am tired.
		I use tobacco to relax.
		I use tobacco when I hear the telephone ring or with friends at dinner, coffee, before sleep.
		I use tobacco when I watch TV and snack.
		I use tobacco to help me not snack.
		I use tobacco to relieve boredom.
		I use tobacco to fall asleep again if I awaken in the middle of the night.
		I use tobacco instead of eating.
		I use tobacco to give my mouth attention.
		I use tobacco to soothe frustration.
		I use tobacco because I just see the can there.
		I use tobacco because I think it tastes good.
		I use tobacco to celebrate good news.
		I use tobacco to complete a pleasurable act: after sex, a good meal, a talk with friends.
		I use tobacco to reward myself after finishing a project.
		I use tobacco when I hear a song from long ago or I see an old familiar person on the street.
		I use tobacco to keep my hands busy.
		I use tobacco to get creative and stay creative.
		I use tobacco to rebel against people who want me to quit using.
		I use tobacco to soothe pain – for example headache, toothache, muscle aches, cramps.
		I use tobacco to be like (not be like) my mother/my father.
		I use tobacco to be like (not be like) my brother/sister.
		I use tobacco to be like (not be like) some other relative or acquaintance.
		I use tobacco to be like (not be like) my husband/wife/lover.
		I use tobacco to be like (not be like) my best friend/worst enemy.
		I use tobacco because I enjoy using tobacco.