

How to Categorize Your Cigarettes

Based on the fictitious Sample Notes from a Smoker's Journal, here's how the various cigarettes smoked on January 3 would be classified. **A** is for **Addiction** ("must have" cigarettes that fall into the NEED category), **H** is for **Habit** (cigarettes that are WANTED, but are not absolutely necessary), and **S** for **Stress** (cigarettes that relieve stress and ease anxiety).

#	Description	
1	first cigarette of the day	A
2	with morning coffee	H
3,4	in car, first one probably due to the need for a cigarette, second one for pure pleasure	A,H
5	in office with door closed, doing it in hiding	A
6	on the phone, talking with a friend	H
7	stressful meeting with co-workers	S
8,9	on break, combination of addiction and stress relief	A,S
10	walking to restaurant	A
11	walking back from restaurant	A
12	afternoon break	A
13,14	in car, driving home	A,H
15	reading evening paper, a smoke is relaxing	H
16	after dinner	A
17,18 19	watching TV movie with friends <i>(doesn't fit neatly into any category)</i>	?
20	right before bed	A

This smoker's pattern is that during a single day, 10 cigarettes (50%) are smoked due to addiction, and 5 (25%) are smoked due to habit. Just 2 cigarettes are smoked for stress relief and 3 are unclassified – probably a combination of addiction and habit. If the pattern continues all week, it shows that physical addiction is the major reason for smoking, but habit plays a significant role. Stress-related smoking is relatively minor. NRTs probably would be helpful, along with creative use of cigarette-stand-ins.