

WHAT TYPE OF SMOKER ARE YOU?

"Me & All My Friends"

Smoking is part of the "atmosphere" of my social settings.
It is linked to the pleasantries of life – like wine and conversation.
Smoking connects me with friends and associates
and shows that I am part of the jazzy set, the in-crowd.

"Part Of The Routine"

Smoking is automatic – by now, it's like second nature to me.
It's a habit that's associated with everyday activities in my life
like talking on the phone, driving in the car, reading a book.
It seems like I've been smoking since the day I was born

"Handling The Stress"

Smoking is the way I cope with things that go wrong.
Cigarettes distract me from other, more pressing concerns.
When I light up, I can think through alternatives and make decisions.
Smoking increases my sense of focus and helps me get on point.

"Just Something To Do"

Smoking is a more of a nervous activity for me, than anything else.
It gives me something to do with my hands or it's an oral fixation.
When I'm smoking a cigarette, I'm calmer and less fidgety.
And if I didn't smoke, I'd probably eat way too much.

"Part of Who I Am"

Smoking is linked to my vision of myself as my own person.
I know other folks have issues with smoking, but that's on them.
What I do is what I do and who I am is who I am.
Either take it or leave it – but don't tell me how to live my life.

"Feeling Good"

Smoking provides me with a familiar, warm and cozy sensation,
It gives me a sense that all is well with life and with the world.
Tobacco smoke is a pleasant smell that reminds me of happy times.
I smoke because of how good cigarettes make me feel.

"Me and My Cigarette"

A cigarette is a true friend – it never gives up on me.
Relaxing with a cigarette is one of the few pleasures I have left.
Being without a cigarette to inhale would truly be a lonely place.

"Staying On An Even Keel"

Smoking is a kind of "medication" that helps keep me centered.
It's part of getting myself together, especially when I'm feeling lethargic.
Smoking kick-starts me so I can do the things I have to do.