

Smoking Confidence Questionnaire

How confident are you that you can resist the urge to smoke in the 14 situations below?

	Not at all Confident	Slightly Confident	Fairly Confident	Very Confident							
	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
1 When you feel bored or depressed											
2 When you see others smoking											
3 When you want to relax or rest											
4 When you just want to sit back and enjoy a cigarette											
5 When you are watching TV											
6 When you are driving or riding in a car											
7 When you have finished a meal or snack											
8 When you feel frustrated, worried, upset, tense, nervous, angry, anxious or annoyed											
9 When you want a snack, but don't want to gain weight											
10 When you need more energy or can't concentrate											
11 When someone offers you a cigarette											
12 When you are drinking coffee or tea											
13 When you are in a situation where alcohol is involved											
14 When you feel smoking is part of your self-image											

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