

## WISDM

1=Not True of Me At All

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7=Extremely True of Me

1. I enjoy the taste of cigarettes most of the time.
2. Smoking keeps me from gaining weight.
3. Smoking makes a good mood better.
4. If I always smoke in a certain place it is hard to be there and not smoke.
5. I often smoke without thinking about it.
6. Cigarettes control me.
7. Smoking cigarettes improves my mood.
8. Smoking makes me feel content.
9. I usually want to smoke right after I wake up.
10. Very few things give me pleasure each day like cigarettes.
11. Its hard to ignore an urge to smoke.
12. The flavor of a cigarette is pleasing.
13. I smoke when I really need to concentrate.
14. I can only go a couple hours between cigarettes.
15. I frequently smoke to keep my mind focused.
16. I rely upon smoking to control my hunger and eating.
17. My life is full of reminders to smoke.
18. Smoking helps me feel better in seconds.

19. I smoke without deciding to.
20. Cigarettes keep me company, like a close friend.
21. Few things would be able to replace smoking in my life.
22. I'm around smokers much of the time.
23. There are particular sights and smells that trigger strong urges to smoke.
24. Smoking helps me stay focused.
25. Smoking helps me deal with stress.
26. I frequently light cigarettes without thinking about it.
27. Most of my daily cigarettes taste good.
28. Sometimes I feel like cigarettes rule my life.
29. I frequently crave cigarettes.
30. Most of the people I spend time with are smokers.
31. Weight control is a major reason why I smoke.
32. I usually feel much better after a cigarette.
33. Some of the cigarettes I smoke taste great.
34. I'm really hooked on cigarettes.
35. Smoking is the fastest way to reward myself.
36. Sometimes I feel like cigarettes are my best friends.
37. My urges to smoke keep getting stronger if I don't smoke.
38. I would continue smoking, even if it meant I could spend less time on my hobbies  
and other interests.
39. My concentration is improved after smoking a cigarette.
40. Seeing someone smoke makes me really want a cigarette.

41. I find myself reaching for cigarettes without thinking about it.
42. I crave cigarettes at certain times of the day.
43. I would feel alone without my cigarettes.
44. A lot of my friends or family smoke.
45. Smoking brings me a lot of pressure.
46. Cigarettes are about the only thing that can give me a lift when I need it.
47. Other smokers would consider me a heavy smoker.
48. I feel a strong bond with my cigarettes.
49. It would take a pretty serious medical problem to make me quit smoking.
50. When I haven't been able to smoke for a few hours, the craving gets intolerable.
51. When I do certain things, I know I'm going to smoke.
52. Most of my friends and acquaintances smoke.
53. I love the feeling of inhaling the smoke into my mouth.
54. I smoke within the first 30 minutes of awakening in the morning.
55. Sometimes I'm not aware that I am smoking.
56. I'm worried that if I quit smoking I'll gain weight.
57. Smoking helps me think better.
58. Smoking really helps me feel better if I've been feeling down.
59. Some things are very hard to do without smoking.
60. Smoking makes me feel good.
61. Smoking keeps me from overeating.
62. My smoking is out of control.
63. I consider myself a heavy smoker.

64. Even when I feel good, smoking helps me feel better.
65. I reach for cigarettes when I feel irritable.
66. I enjoy the sensations of a long, slow exhalation of smoke.
67. Giving up cigarettes would be like losing a good friend.
68. Smoking is the easiest way to give myself a lift.