



Quiz:

What Is Your Relationship With Tobacco?

Find out how ready you are to make any changes.



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No matter which tobacco or vaping products you use and how often you use them, chances are you've thought about how they fit into the plans and goals you have for your life. Take this quiz to learn more about how you see tobacco and how ready you are to make any changes.

Instructions: Read across each row and fill in the circle underneath the statement that best matches your response. At the end of the quiz, check which column has the most circles filled in.

	1	2	3	4	5
What do you know about how tobacco affects health?	I cannot think of any consequences. <input type="radio"/>	It causes cancer. <input type="radio"/>	It causes cancer and many other chronic diseases. <input type="radio"/>	It is bad for my health, my wallet and my ability to find a job, and can harm others through secondhand exposure. <input type="radio"/>	There is nothing positive about tobacco. <input type="radio"/>
How often do you think about the health effects of using tobacco?	In the past year, I have not thought about how it affects my health. <input type="radio"/>	I only think about how it affects my health once in a while. <input type="radio"/>	I think about how it affects my health sometimes, maybe once a month. <input type="radio"/>	I think about how it affects my health weekly. <input type="radio"/>	I think about how it affects my health every day. <input type="radio"/>
When you imagine life without tobacco, how do you feel?	When I imagine life without tobacco, it's upsetting. <input type="radio"/>	When I imagine life without tobacco, I think it could be okay. <input type="radio"/>	When I imagine life without tobacco, I think about how to make that change. <input type="radio"/>	When I imagine life without tobacco, I feel ready to make that change soon. <input type="radio"/>	I prefer a life without tobacco. <input type="radio"/>
What are you doing now to change your tobacco use?	I like it and don't think I need to change. <input type="radio"/>	I have some concerns, but I'm not ready to make any changes. <input type="radio"/>	I have talked with my health care provider, and we are working on a plan to address it. <input type="radio"/>	I am working with my provider and trying tobacco treatment medications, like nicotine replacement therapy (NRT). <input type="radio"/>	I use NRT or other medications to stay comfortable and tobacco-free. <input type="radio"/>
When was the last time you tried to quit tobacco?	I have not thought about or tried to quit in the past year. <input type="radio"/>	I have thought about cutting back or quitting, but I haven't tried. <input type="radio"/>	I tried to cut back this year, but I'm smoking the same amount. <input type="radio"/>	I cut back and smoke less than I did a year ago. <input type="radio"/>	I quit for a day or more at least once this past year. <input type="radio"/>
What do you do when you can't smoke or use tobacco?	I avoid situations where I cannot use tobacco. <input type="radio"/>	I sometimes avoid situations where I cannot use tobacco. <input type="radio"/>	I can survive places or situations where I can't use tobacco. <input type="radio"/>	I know how to stay comfortable in places that are smoke-free. <input type="radio"/>	I seek out places that are smoke-free. <input type="radio"/>
How do you respond when your health care provider brings up tobacco?	If a health care provider asks about my tobacco use, I tell them I am not interested in talking about it. <input type="radio"/>	If a health care provider asks about my tobacco use, I tell them I'm worried about making a change. <input type="radio"/>	If a health care provider asks about my tobacco use, I am open to talking about it. <input type="radio"/>	If a health care provider offers, I am open to counseling and tobacco treatment medications (like NRT). <input type="radio"/>	I have worked with my health care provider and have a quit plan or already use medications, like NRT, varenicline (Chantix) or bupropion SR (Zyban or Wellbutrin). <input type="radio"/>
Total (add up each column)					

Quiz Answer Key

I have the most circles in	Readiness to talk tobacco	Feedback
1	Not ready/ Not interested	<ul style="list-style-type: none"> Based on your responses, changing your tobacco or vape use is not something you are ready to do or interested in right now. You are the only one who can decide whether to address it! If you think about making a change to your tobacco use or vaping, reach out to a counselor or health care provider to get information about your options. Change can be a collaboration, and there are plenty of options to help you through the process. In the meantime, you can try NRT to stay comfortable in places or situations where tobacco use is not allowed, like the subway, your apartment (in smoke-free housing), where you work or when you are having fun in public spaces.
2	Thinking about it	<ul style="list-style-type: none"> Based on your responses, you have given your tobacco use some thought and may be aware of how it is affecting you. This does not mean you are ready to do anything differently, but it does mean you know about the harms of tobacco use and may have some concerns about them. You are not alone! Lots of people who use tobacco products are worried about how it impacts their health, even if they are not ready to do anything about it or don't know where to start. Talking with a health care provider, counselor or friend might help you clarify your goals around tobacco use. Do not be afraid to bring it up, even if you talked about it recently. Ask about using NRT to stay comfortable in places or situations where tobacco or vape use isn't allowed so that you can live your life without the discomfort of nicotine withdrawal.
3	Preparing for it	<ul style="list-style-type: none"> Based on your responses, you are aware of the dangers of tobacco use and are open to options. You may have already started setting some goals for yourself or are even experimenting with using less tobacco each day. If you have not done so already, it could be helpful to talk to a counselor or health care provider about medications that can make the process easier for you, including NRT, to deal with the discomfort of withdrawal or handle any urges to use tobacco or vape. Most health insurance plans cover some tobacco treatment medications. Medicaid covers unlimited courses of NRT, varenicline or bupropion SR. Consider talking with coworkers, friends and loved ones about your plans so they can provide encouragement and support along the way.
4	Taking action	<ul style="list-style-type: none"> Based on your responses, you are already on the path to changing your tobacco use and are taking steps to cut back or stop. Congratulations on the steps you have taken! This is an important time to get support to follow through on your goals by working with your health care provider, counselor and support network. If you run into any setbacks, revisit why you started down this path and ask for more help. Keep whatever forms of NRT you prefer on hand so that you can stay comfortable in places or situations where tobacco or vape use is not allowed.
5	Maintaining change	<ul style="list-style-type: none"> Changing your tobacco use is one of the most important things you can do to improve your overall health. Based on your responses, you are well on your way. Whatever your reasons for making this change, you have maintained your goals. Continue using your support system and reach out whenever you think you could benefit from additional assistance or encouragement. You can safely use NRT as long as you need to for medication support.