



Smoking Pattern



Southampton
Smokefree
Solutions

There are some quick questions to help you find out about your smoking pattern. Finding a pattern means that you can start to think about ways to change this pattern.

1) When do you smoke most?

2) When do you most want a cigarette?

3) What particular activities make you smoke?

4) When, where and who do you smoke with?

When?

Where?

Who?

5) Which cigarette do you enjoy most of all?

6) Which cigarette could you give up easily?

7) If you found a pattern to your smoking, how will you change this?