

**SCORECARD**

Write the number you put beside each letter in The WHY Test beside the same letter on the scorecard. For example, if you marked a "3" beside question "C" on the test, put a "3" beside the letter "C" on the scorecard. Then, add up the numbers to get the totals for each category.

A ___ H ___ U ___	"IT STIMULATES ME"
Stimulation Total ___	With a high score here, you feel that smoking gives you energy, keeps you going. So, think about alternatives that give you energy, such as washing your face, brisk walking and jogging.
B ___ I ___ O ___	"I WANT SOMETHING IN MY HAND"
Handling Total ___	There are a lot of things you can do with your hands without lighting up. Try doodling with a pencil, knitting or get a "dummy" cigarette you can play with.
C ___ J ___ P ___	"IT FEELS GOOD"
Pleasure/Relaxation Total ___	A high score means that you get a lot of physical pleasure out of smoking. Various forms of exercise can be effective alternatives. People in this category may be helped by the use of nicotine chewing pieces or a nicotine transdermal patch if medically indicated.
D ___ K ___ Q ___	"IT'S A CRUTCH"
Crutch/Tension Total ___	Finding cigarettes to be comforting in moments of stress can make stopping tough, but there are many better ways to deal with stress. Learn to use relaxation breathing or another technique for deep relaxation instead. People in this category may be helped by the use of nicotine chewing pieces or a nicotine transdermal patch if medically indicated.
E ___ L ___ R ___	"I'M HOOKED"
Craving Addiction Total ___	In addition to having a psychological dependency to smoking, you may also be physically addicted to nicotine. It's a hard addiction to break, but it can be done. People in this category are the ones most likely to benefit from the use of nicotine chewing pieces or a nicotine transdermal patch if medically indicated.
F ___ M ___ S ___	"IT'S PART OF MY ROUTINE"
Habit Total ___	If cigarettes are merely part of your routine, one key to success is being aware of every cigarette you smoke. Keeping a diary or writing down every cigarette on the inside of your cigarette pack is a good way to do it.
G ___ N ___ T ___	"I'M A SOCIAL SMOKER"
Social Smoker Total ___	You smoke in social situations, when people around you are smoking and when you are offered cigarettes. It is important for you to remind others that you are a non-smoker. You may want to change your social habits to avoid the "triggers" which may lead to smoking again.

Source: Health Canada. (1997). Helping pregnant and postpartum women and their families to quit or reduce smoking. Reproduced with permission of the Ministry of Public Works and Government Services Canada.