

Instructions: Listed below are a number of statements about how much you are consumed, engaged, or absorbed with being smoke-free. Circle the response that best describes you **RIGHT NOW.**

	1	2	3	4	5	6	7
Completely Completely Disagree				Neither Agree Nor Disagree			Agree
1. Being smoke-free is my highest priority at this time.	1	2	3	4	5	6	7
2. I try to anticipate and prepare for any challenges to being smoke-free.	1	2	3	4	5	6	7
3. The thought of being a nonsmoker still excites me.	1	2	3	4	5	6	7
4. I spend little time thinking about becoming or staying smoke-free.	1	2	3	4	5	6	7
5. I am doing whatever I can to avoid smoking.	1	2	3	4	5	6	7
6. I am no longer all that excited about being smoke-free.	1	2	3	4	5	6	7
7. I think about quitting smoking, or staying off cigarettes every single day.	1	2	3	4	5	6	7
8. Nothing is more important to me right now than being tobacco free.	1	2	3	4	5	6	7
9. I am willing to make sacrifices in other areas in order to be free of cigarettes.	1	2	3	4	5	6	7
10. At this time, I am still very excited by the idea of being smoke-free.	1	2	3	4	5	6	7
11. I spend a great deal of time thinking about becoming or staying smoke-free.	1	2	3	4	5	6	7
12. I spend very little time preparing myself for any challenges to being smoke-free.	1	2	3	4	5	6	7
13. Compared with other things in my life, fighting the urge to smoke is not the top priority for me right now.	1	2	3	4	5	6	7
14. I am willing to spend a lot of mental energy on being smoke-free.	1	2	3	4	5	6	7
15. I feel energized just thinking about being smoke-free.	1	2	3	4	5	6	7
16. I am carefully watching out for things that might put me at risk for smoking.	1	2	3	4	5	6	7