

**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
<b>Completely Completely Disagree</b>			<b>Neither</b>	<b>Agree</b>		
			<b>Agree Nor Disagree</b>			

- |  |   |   |   |   |   |   |   |
|--|---|---|---|---|---|---|---|
| 1. I try to anticipate and prepare for any challenges to being smoke-free.       | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. The thought of being a nonsmoker still excites me.                            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. At this time, I am still very excited by the idea of being smoke-free.        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. I spend a great deal of time thinking about becoming or staying smoke-free.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. I am carefully watching out for things that might put me at risk for smoking. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |