

Are You Addicted?

Please take this quiz to find out if you could be addicted to nicotine:

1. Do you smoke within 30 minutes of waking up in the morning?

YES NO

2. Do you smoke 20 cigarettes or more a day?

YES NO

3. Do you often have cravings for cigarettes?

YES NO

4. Do you smoke even when you are physically ill?

YES NO

5. Is it tough for you to keep from smoking for more than a few hours?

YES NO

If you answer yes to two or more of these questions, you may be addicted to nicotine.

