

**INSTRUCTIONS:**

**THE FOLLOWING EXPERIENCES CAN AFFECT THE SMOKING HABITS OF SOME PEOPLE. THINK OF ANY SIMILAR EXPERIENCES YOU MAY BE CURRENTLY HAVING OR HAVE HAD IN THE LAST MONTH. THEN RATE THE FREQUENCY OF THIS EVENT ON THE FOLLOWING 5-POINT SCALE.**

**THERE ARE FIVE POSSIBLE RESPONSES TO EACH OF THE ITEMS IN THE QUESTIONNAIRE:**

- 1=Never
- 2=Seldom
- 3=Occasionally
- 4=Often
- 5=Repeatedly

**PLEASE READ EACH STATEMENT AND CIRCLE THE NUMBER ON THE RIGHT TO INDICATE HOW OFTEN EACH EVENT OCCURS. REMEMBER THESE STATEMENTS REFER TO SITUATIONS OR THOUGHTS YOU MAY HAVE HAD DURING THE PAST MONTH.**

	Never	Seldom	Occasionally	Frequently	Repeatedly
1) When I am tempted to smoke, I think about something else.	1	2	3	4	5
2) I tell myself I can quit if I want to.	1	2	3	4	5
3) I notice that nonsmokers are asserting their rights.	1	2	3	4	5
4) I recall information people have given me on the benefits of quitting smoking.	1	2	3	4	5
5) I can expect to be rewarded by others if I don't smoke.	1	2	3	4	5
6) I stop to think that smoking is polluting the environment.	1	2	3	4	5
7) Warnings about the health hazards of smoking move me emotionally.	1	2	3	4	5
8) I get upset when I think about my smoking.	1	2	3	4	5
9) I remove things from my home or place of work that remind me of smoking.	1	2	3	4	5

Processes of Change Questionnaire  
Smoking Version: Short Form

Client ID# \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Assessment Point: \_\_\_\_\_

	Never	Seldom	Occasionally	Frequently	Repeatedly
10) I have someone who listens when I need to talk about my smoking.	1	2	3	4	5
11) I think about information from articles and ads about how to stop smoking.	1	2	3	4	5
12) I consider the view that smoking can be harmful to the environment.	1	2	3	4	5
13) I tell myself that if I try hard enough, I can keep from smoking.	1	2	3	4	5
14) I find society changing in ways that makes it easier for nonsmokers.	1	2	3	4	5
15) My need for cigarettes makes me disappointed in myself.	1	2	3	4	5
16) I have someone I can count on when I'm having problems with smoking.	1	2	3	4	5
17) I do something else instead of smoking when I need to relax.	1	2	3	4	5
18) I react emotionally to warnings about smoking cigarettes.	1	2	3	4	5
19) I keep things around my home or place of work that remind me not to smoke.	1	2	3	4	5
20) I am rewarded by others if I don't smoke	1	2	3	4	5