

Temptation to Smoke Scale  
Short Form

Client ID# \_\_\_\_\_  
Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Assessment Point: \_\_\_\_\_

Listed below are a number of situations that lead some people to smoke. I would like to know how tempted you are to smoke in each situation.

Circle the number that best describes your feelings of temptation to smoke in each situation during the past week according to the following scale:

- 1 = Not at all tempted
- 2 = Not very tempted
- 3 = Moderately tempted
- 4 = Very tempted
- 5 = Extremely tempted

Situation	Temptation to smoke				
	Not at all	Slightly	Moderately	Very	Extremely
1. With friends at a party.	1	2	3	4	5
2. When I first get up in the morning.	1	2	3	4	5
3. When I am very anxious and stressed.	1	2	3	4	5
4. Over coffee while talking and relaxing.	1	2	3	4	5
5. When I feel I need a lift.	1	2	3	4	5
6. When I am very angry about something or someone.	1	2	3	4	5
7. With my spouse or close friend who is smoking.	1	2	3	4	5
8. When I realize I haven't smoked for a while.	1	2	3	4	5
9. When things are not going my way and I am frustrated.	1	2	3	4	5