

HONC

The Hooked on Nicotine Checklist.

	YES	NO
1) Have you ever tried to quit, but couldn't?	_____	_____
2) Do you smoke <u>now</u> because it is really hard to quit?	_____	_____
3) Have you ever felt like you were addicted to tobacco?	_____	_____
4) Do you ever have strong cravings to smoke?	_____	_____
5) Have you ever felt like you really needed a cigarette?	_____	_____
6) Is it hard to keep from smoking in places where you are not supposed to, like school?	_____	_____
When you tried to stop smoking... (or, when you haven't used tobacco for a while...)		
7) did you find it hard to concentrate because you couldn't smoke?	_____	_____
8) did you feel more irritable because you couldn't smoke?	_____	_____
9) did you feel a strong need or urge to smoke?	_____	_____
10) did you feel nervous, restless or anxious because you couldn't smoke?	_____	_____