



## Ready to Quit?

### Do You Have What It Takes to Become a Non-Smoker?

Congratulations. You've reached a point where you're no longer willing to accept that being a smoker is simply "who you are" and cannot be changed. You want to understand what it really takes to successfully move over to the non-smoker side.

This short test will help you see where you stand right now, how strong your chances of success are, and what your next step towards quitting for good could be.

Please answer the following questions as honestly as you can. In most cases, your first instinct is the most accurate.

To ease you in, begin with a few warm-up questions. They're simply there to get you started and won't count towards your final score.

#### How long have you been smoking?

- a) Less than 3 years
- b) 3–10 years
- c) 10–20 years
- d) More than 20 years

#### How often have you seriously thought about quitting?

- a) Every year as a New Year's resolution
- b) Pretty much every evening, hoping tomorrow will be the day
- c) Whenever the cost starts to annoy me
- d) Never

#### Are there smokers in your environment (family, relatives, friends, acquaintances)?

- a) Yes, most or all of them
- b) No, I'm the last one still smoking
- c) Just a few fellow allies left

#### Now for the actual test...



**Keep track of your points as you go.**

**1. Do you ever envy non-smokers in certain situations?**

- a) Constantly (2)
- b) Sometimes (1)
- c) Never (0)

**2. Do you ever feel embarrassed about smoking?**

- a) Not really, everyone has their bad habits (1)
- b) Yes, especially hiding it from children (2)
- c) No, I'm more annoyed by some non-smokers' intolerance (0)

**3. Which cigarettes matter most to you?**

- a) All of them (0)
- b) The "enjoyment" ones, for relaxation or stress (0)
- c) None, they're all pointless (2)

**4. Which cigarettes feel the most unnecessary?**

- a) All of them (2)
- b) The "enjoyment" ones (1)
- c) None, they're all important (0)

**5. How consistently do you follow through on plans?**

- a) Immediately and reliably (2)
- b) It can take a while before I take action (1)
- c) When exactly? There are always more exciting things to do (0)

**6. What role does sport play in your life?**

- a) It's either smoking or sport, both don't really mix (0)
- b) I enjoy being active and keep up with non-smokers just fine (1)
- c) I'd like to do more, but I run out of breath (2)

**7. What would happen to your weight if you quit smoking?**

- a) I'd rather not think about it, weight gain feels inevitable (1)
- b) With discipline and giving up everything I enjoy, maybe I could manage it (1)
- c) No problem, everyone in my family is slim (2)



**8. What are your biggest concerns about becoming a non-smoker?**

- a) I might become less tolerant (0)
- b) I might feel excluded socially (0)
- c) I'd miss my "tool" for stress, focus, relaxation, etc. (1)

**9. Can you imagine quitting without substitutes or aids?**

- a) No, whatever is missing needs replacing (0)
- b) Of course, others have done it too (2)
- c) Well, some mental support is helpful (2)

**10. Which qualities do you associate with smokers?**

*Choose all that apply:*

anxious	authentic	consistent	strong-willed
disciplined	emotional	pleasure-oriented	sociable
indifferent	restless	ignorant	moody
careless	superficial	organised	precise
positive	rational	risk-taking	calm
objective	confident	supportive	stable
dreamy	loyal	easy-going	insecure
determined	goal-oriented		

**Note:**

Select all traits you associate with smokers. Then read the remaining traits (**the ones you didn't choose**) out loud. Notice anything? Self-image and perception of others can reveal surprising insights.

**So... do you have what it takes to quit smoking?** Here's your answer...



## Do you have what it takes to quit?

Thank you for answering honestly. Now add up your points. Your total score shows where you currently stand—and what your next step might be.

### 1–6 points

Unfortunately, you'll have to keep smoking for a little while longer! What? Don't panic — I'm joking. Of course, no one gets to decide whether, or how long, you continue to smoke. That said, your answers hint at a rather... affectionate relationship with your cigarette. And fair enough, even long-term relationships have their comforts. But let's be honest: even the steadiest partnership isn't immune to the occasional doubt or a curious glance towards new horizons, is it?

My tip: come back to these questions every now and then and see what changes. Notice what shifts and how it feels. You might be surprised how quickly things start to move. And when they do... you'll know it's time for the next step.

### 7–10 points

Loving and hating your cigarette at the same time... sounds familiar, doesn't it? Your answers suggest that something has been quietly stirring beneath the surface for quite a while now. The magic from the early days of your smoking career has long since faded. These days, your cigarette only rarely delivers what it once promised: enjoyment, relaxation, a better quality of life. Instead, you often find yourself wondering, slightly puzzled, why you are reaching for it at all. You light one up even though you already have a headache. Or you feel increasingly fed up with constantly brushing your teeth or trying to cover the smell with gum and perfume.

The good news? This inner tug of war is actually a very promising sign. Because where there are two sides, there are also two options. And that second option, stepping away from it all, may be closer than you think.

### 11–17 points

I could almost welcome you already to your new status as a non-smoker. For some time now, being a smoker has probably felt more uncomfortable than anything else. Any illusions about purpose, benefit or even enjoyment have long since fallen away. That first cigarette in the morning... does it sometimes feel less like a treat and more like a small defeat? A quiet signal that today, once again, might not be the day you break free? You already see it clearly for what it is: a dependency. What you may not fully recognise yet is your own ability to step out of it, more easily than you think.

What it takes is a shift in perspective. A kind of mental reset, almost like turning old patterns gently on their head. My recommendation: don't wait any longer. Take that decisive step. You're ready.