**HONC**

The Hooked on Nicotine Checklist.

1) Have you ever tried to quit, but couldn’t?  

2) Do you smoke now 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?