



ADDICTION ISLAND QUIZ

Directions: Circle the letter next to the correct answer for each question.

1. Which of the following is a good reason to get ready to quit?

- a. To improve your health
- b. To save money
- c. To be free from cravings
- d. All of the above

2. Which of the following do you need to help you plan to quit?

- a. Quitting method
- b. Support from family and friends
- c. Quit date
- d. All of the above

3. Which of the following does NOT help people deal with withdrawal symptoms?

- a. Taking time to relax
- b. Drinking water
- c. Watching TV
- d. Exercising

4. Which of the following should you say to a person to help them quit smoking?

- a. "Quitting smoking has made you mean and grumpy. I liked you better before."
- b. "You're a strong person. I know you have what it takes to stay quit."
- c. "Staying quit is too hard for you. I don't think you have the willpower to do it."
- d. "If you start smoking again you'll be a real loser."