



Health & Wellness

Nicotine Use: Self-Assessment How do I know if my use is a problem?

UNH Health & Wellness encourages you to make choices that create a sense of well-being now and in the future. What has influenced you to make the choices you have up to this point regarding tobacco or nicotine use?

Consider these questions:

- Is your choice to use nicotine in line with your values, what is important to you?
- How has your choice to use nicotine impacted each [aspect of your wellness](#)?

Take a moment to list your responses to the following. Think about substituting the word you use to describe your nicotine use, e.g. juuling, vaping, smoking, snuffing, chewing, etc. for the word nicotine.

What I find most desirable about [nicotine use](#):

What I find least desirable about [nicotine use](#):

What do you notice when you compare these two lists?

Although nicotine may feel good in the moment, consider the following questions and try writing out your responses as you think about your choices to date:

- How frequently am I vaping / smoking?
- Am I vaping / smoking to cope with stress, social anxiety, or unpleasant situations?
- Is my use affecting my ability to engage in sports and physical activities that I once enjoyed?
- How do I feel when I run out, or when I try not to use?
- How does vaping / smoking affect the way I think and feel?
- How does vaping / smoking affect my relationships with my friends, family, intimate relationships, or other people important to me?
- Does vaping / smoking, or thinking about it, interfere with my schoolwork or grades?
- Do I want to keep my use a secret from people whose opinion I value?
- Are there activities that I used to enjoy that I don't enjoy anymore because of vaping / smoking?
- How much money am I investing in vaping / smoking on a weekly, monthly and yearly basis? What would I do if I had that money handed to me in a lump sum at the end of the academic year?
- How important is it to you to change your nicotine use? 1-10
- How confident are you that you can change your nicotine use? 1-10

Your answers to these questions can help you see how nicotine is affecting your life, maybe in ways you hadn't thought about before.