**The Smoking Abstinence Expectancies Questionnaire (SAEQ)**

Instructions: Rate how likely or unlikely you believe each consequence would be for you if, for a day, you were to stop smoking cigarettes and not use any other forms of nicotine.

  **Very Very**

 **Unlikely Likely**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Item** | **0** | **1** | **2** | **3** | **4** | **5** | **6** |
| 1. My throat would feel dry. |  |  |  |  |  |  |  |
| 2. I would feel grouchy. |  |  |  |  |  |  |  |
| 3. I would feel like I’m going crazy. |  |  |  |  |  |  |  |
| 4. I would feel energized. |  |  |  |  |  |  |  |
| 5. My feet would feel tingly.  |  |  |  |  |  |  |  |
| 6. My temper would be short. |  |  |  |  |  |  |  |
| 7. I would feel like I’m losing control. |  |  |  |  |  |  |  |
| 8. I would feel happy. |  |  |  |  |  |  |  |
| 9. I would feel short of breath. |  |  |  |  |  |  |  |
| 10. I would feel frustrated. |  |  |  |  |  |  |  |
| 11. I would feel like I’m dying. |  |  |  |  |  |  |  |
| 12. I would find it easy to remember things. |  |  |  |  |  |  |  |
| 13. I would have stomach gas. |  |  |  |  |  |  |  |
| 14. I would feel tense. |  |  |  |  |  |  |  |
| 15. I would embarrass myself in front of others. |  |  |  |  |  |  |  |
| 16. I would feel calm. |  |  |  |  |  |  |  |
| 17. I would sweat more than usual. |  |  |  |  |  |  |  |
| 18. I would have trouble getting along with difficult people. |  |  |  |  |  |  |  |
| 19. Things around me would seem unreal. |  |  |  |  |  |  |  |
| 20. I would sleep through the night. |  |  |  |  |  |  |  |
| 21. I would feel dizzy. |  |  |  |  |  |  |  |
| 22. I would feel anxious. |  |  |  |  |  |  |  |
| 23. I would have a panic attack.  |  |  |  |  |  |  |  |
| 24. I would find it easy to concentrate. |  |  |  |  |  |  |  |
| 25. My chest would feel tight. |  |  |  |  |  |  |  |
| 26. My nerves would be jittery. |  |  |  |  |  |  |  |
| 27. I would have a heart attack. |  |  |  |  |  |  |  |
| 28. I would feel physically comfortable. |  |  |  |  |  |  |  |