# Dein Check

| **Zigarette** | **Situation** | **Ärger/Frust** | **Stress** | **Angst** | **Langeweile** | **Freunde** | **Unsicher** | **Anderes** |
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# Tims Check, 17 Jahre

| **Zigarette** | **Situation** | **Ärger/Frust** | **Stress** | **Angst** | **Langeweile** | **Freunde** | **Unsicher** | **Anderes** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Schlechte Note | X |  |  |  |  |  |  |
| 2 | Bushalte-stelle | X |  |  |  |  |  | ? |
| 3 | Freunde rauchen |  | X |  |  |  |  |  |
| 4 | Haus-aufgaben |  | X |  |  |  |  |  |
| 5 | Beim Lernen | X |  |  |  |  |  |  |
| 6 | Streit mit Freundin | X |  |  |  |  |  |  |
| 7 | Telefonieren |  |  |  |  |  |  | Gewohnheit |
| 8 | Nach dem Essen |  |  |  |  |  |  | Gewohnheit |
| 9 | Ausgang |  |  |  |  |  |  | Alkohol |
| 10 | Ausgang |  |  |  |  |  |  | Alkohol |
| 11 | Ausgang |  |  |  |  |  |  | Alkohol |
| 12 | Ausgang |  |  |  |  |  |  | Alkohol |
| 13 | Ausgang |  |  |  |  | X |  |  |
| 14 | Nach Sex |  |  |  |  | X |  |  |
| 15 | Zu Hause |  |  |  | X |  |  |  |
| 16 | Nach dem Essen |  |  |  |  |  |  | Gewohnheit |
| 17 | Telefonieren |  |  |  |  | X |  |  |
| 18 | Freunde rauchen |  |  |  |  |  |  | ? |
| 19 | Freunde rauchen |  |  |  |  |  |  | ? |
| 20 | Freunde rauchen |  |  |  |  |  |  | ? |