

# Open-Ended Questions to Use in Discussing Smoking

## General Questions:

- How do you feel about your smoking?
- What are your recent thoughts about quitting smoking?
- What do you know about smoking and your family's health?
- What do you think it would be like to stop smoking?
- What are your concerns about quitting?
- What holds you back from trying to stop smoking?
- What do you imagine it would be like if you weren't a smoker anymore?
- What have been your past experiences with quitting smoking?
- What do you think you would need to successfully stop smoking?
- What is it like for you to be talking about this?

## For someone you've spoken with already about his/her smoking:

- How has it been going with your smoking since we talked last?
- What have you been thinking about your smoking since the last time we spoke?

## Questions to Evoke Self-Motivational Statements:

### **Problem Recognition**

- What things make you think this could be a problem?
- What difficulties have you had in relation to your smoking?

### **Concern**

- What worries you about your smoking?
- What do you think will happen if you don't make a change?

### **Intention to Change**

- What are you thinking about your smoking at this point?
- What are the reasons you see for making a change?
- What makes you think you need to make a change?
- What makes you think you should keep on smoking the way you have been?
- ...And what about the other side?
  - What makes you think it's time for a change?
  - What would be the advantage of a change?
  - What would be the disadvantages?

### **Optimism**

What encourages you to think that you could change if you want to?  
What are some past changes you have made about which you feel proud? What do you think would work for you, if you decided to change?

Adapted from Miller, W. & Rollnick, S. (2013) *Motivational Interviewing: Helping People Change*, New York, Guilford Press.