

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 and Concern

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

MaineHealth
Center for Tobacco
Independence