

Open-Ended Questions to Use in Discussing Tobacco & Nicotine Use

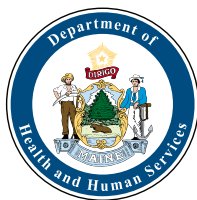
General Questions

- 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 using tobacco anymore?
- What has been your past experience with quitting smoking?
- What do you think you would need to successfully stop using tobacco/smoking?
- What is it like for you to be talking about this?



For Someone You've Already Spoken With Regarding Their Tobacco/Nicotine Use

- How has it been going with your smoking/vaping since we last talked?
- What have you been thinking about your smoking/vaping 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/tobacco use?
- 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?
- What makes you think it's time for a change?
- What would be the advantage of a change? The disadvantages?

Optimism

- What encourages you to think that you could change if you wanted 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.

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