

Open-ended Question Prompts

- What...
- How...
- When...
- To what extent...
- How often...
- Tell me about...
- Help me understand...
- What, if any...
- What else...
- What led you to...
- What would that look like...
- I wonder why...

Assessing Motivation

- What's your top 3 reasons for quitting smoking?
- What would you gain by quitting smoking?
- What's the main reason you've stuck it out even when it's been hard?
- When do you think it will be a good time to quit? (So, if there were a way to address [barrier], you might quit today)
- What is one thing you can do today to get yourself back on track?

Assessing Barriers

- What concerns you the most about quitting?
- Which times are the hardest to not smoke?
- Help me understand why it didn't work for you.
- How does this compare to last time? (link to quit history; use of strategies/meds, e.g.)
- How does this compare to what you thought it would be like?

Assessing Smoking/ Pharmacotherapy/Withdrawal

- How much gum are you using a day?
- How many times are you smoking per day? (good follow-up with light smokers – see if they re-light cigs)
- How many times do you think about cigarettes per day?
- What problems are you having with the patch or gum?
- Tell me how you are using the gum.
- How's it going with your smoking?

Looking Ahead

- What [do you think] will happen in 10 years if you don't quit? (link to values)
- Looking forward, where do you want to be in the next week? Where would you like to be when we talk in a couple of weeks?
- How do you move forward from this setback?
- I wonder what it would take to make you try again?

Summaries or Reactions

- Where do we go from here? What's your next step?
- What do you make of that?
- How do you feel about that?
- What can you add to that? What else? What have I missed?
- What do you think is going on here?

Action Plans/Specific Strategies

- How would you feel about trying one of these strategies we talked about?
- Which of these [goals/solutions] sounds the best to you?
- What do you think about getting rid of those ashtrays and moving your smoking outside?
- What have you done in the past when you were feeling this way (besides smoke?)
- What can you do next time this happens?
- Besides when you're smoking, when do you feel the most relaxed and least stressed?

