

Stop smoking checklists

BEHAVIOUR

Checklist



ABOUT STOPPING IN THE PAST	
Have you ever given up?	
How long did you stop for?	
Why did you restart?	
What worked for you then?	
What was it like when you stopped?	
What was the best bit about being a non smoker?	
ABOUT STOPPING NOW	
How many do you smoke a day now?	
How motivated are you to stop 1 - 10 ?	
Why do you want to stop now?	
Do you believe you can stop for ever?	
What do you need from me to make sure you stop?	
ABOUT NOT STOPPING	
So why don't you just stop?	
When you think about not having smokes available to you in future, what feelings come to mind?	
Do you have any worries about stopping?	
What do you expect to feel when you stop smoking?	
ABOUT CURRENT SMOKING	
When do you smoke? Describe your day.	
What would be the most difficult one to give up?	
What is the best one?	
What do you like about smoking?	
Are there any triggers for smoking?	
Is there a special feeling you get when you need to smoke?	
How do you know when to have a smoke?	
What is the single worst thing about smoking?	
ABOUT PAST SMOKING	
When did you start?	
Why did you start?	
What was that first one like?	
What was going on in your life at that time?	

MOTIVATION

Checklist

EMOTIONAL SUPPORT	
What will other people say when you stop?	
Do you know other people who have stopped?	
Will other people support you when you stop?	
Is there one person you would really like to show?	
PERCEPTIONS	
What do other people think about your smoking?	
What do you think when you see other people smoking?	
NEW BEHAVIOUR	
What are you going to do instead of smoking?	
What situation or time would be most risky for starting again?	
How are you going to reward yourself for giving up?	
BENEFITS	
What will be different when you give up?	
What will you be able to do when you give up?	
What will you do with the extra time?	
What will you spend the money on?	
What will be the biggest benefit?	
HEALTH AND STOPPING	
What will happen if you keep smoking?	
What symptoms do you have now?	
Do you know anyone who got ill through smoking?	
Do you find it easy to relax?	
Are you the kind of person who daydreams?	

