

OPEN-ENDED QUESTIONS TO USE IN DISCUSSING SMOKING¹

Asking Permission:

Would it be OK if we have a conversation about what smoking is like for you?

Beginning the discussion:

What is a typical day like for you and how does smoking fit in?

What, if anything, have you thought about doing about your smoking?

What do you know about smoking and your family's health?

What do you like about smoking? What do you dislike about it?

What are some of the things about smoking that are not so good?

What are your thoughts about quitting now?

What do you think it would be like 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?

In what way could I be helpful to you in your effort to quit?

What is it like for you to be talking about this?

In what ways might you be better off if you gave up smoking?

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?

¹Adapted from: Miller, WR, et al (2013). *Motivational Interviewing: Helping People Change, 3rd Edition (Applications of Motivational Interviewing)*. New York: Guilford Press.

Questions to Evoke Motivation and Commitment:

Motivation:

- What things make you think smoking 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 quit smoking?
- What are the reasons you see for quitting smoking?
- What makes you think you need to quit?
- What makes you think it's time for a change?
- What would be the advantages of quitting?

Ability to be successful

- What encourages you to think that you could quit if you want to?
- What makes you think that if you did decide to stop smoking, you could do it?
- What do you think would work for you, if you decided to change?

Commitment to take action

- What are you thinking of doing about your smoking at this point?
- What do you think you will do now?
- What next steps are you planning to take?

