Jennifer’s Client questions and answers

**Statement 1**

“My doctor told me to call you for help to quit smoking”

What did your doctor say? Why did he suggest you stop smoking now?

Do you have some worries about your smoking?

What do you plan to do about this?

What do you think will happen if you don’t stop?

Do you think you’ll be a lifelong long smoker?

How do you feel about that?

**Statement 2**

“I’ve tried lots of times to quit, but only cut down. I’m not sure I can stop completely”

What made you decide you wanted to quit?

How much were you smoking before---- and then when you cut down?

Cutting down can be harder than stopping for some people, how have you found it it/ managed?

Are there times when you smoke more than you planned to?

Is it possible for you to stop smoking completely? What makes you feel this?

Tell me about any medication or support you had when you tried before?

**Statement 3**

“If I stop, I’m afraid I’ll put on weight and then I’ll get depressed”

What’s your biggest concern about weight gain?

How much weight would you be prepared to put on if it meant you could successfully stop smoking?

Can you think of ways you could avoid weight gain?

What do you mean by depressed?

Are you more concerned about your weight or your smoking?

**Statement 4**

“Stopping smoking makes my life so miserable and I feel lonely without a cigarette”

How long have you been feeling like this?

Has anything else changed since you stopped smoking?

How have you stopped yourself having a cigarette?

What treatment did you use for your withdrawal symptoms? Tell me about how much and how you used it.

How are you rewarding yourself for your successes so far?

What did you hope to feel like after you quit?

**Statement 5**

“Please can you just tell me how to stop – I’m addicted and find it impossible”

What have you already tried?

What is the longest time you’ve gone without smoking? How did you manage before?

The most straightforward way to stop smoking is to be clear about reasons, set a date, plan ways to get support and use treatment products regularly.

Would any of this be possible for you?

What do you think will happen to you if you don’t stop?

What are your reasons for wanting to stop?

**Statement 6**

“My partner smokes so I’m finding it hard to stop”

It can be hard to stop when your partner smokes, what do they feel about you stopping?

What have you told them about your reasons for wanting to stop?

Is there anything they could do differently that would help you to stop?

Is it possible for you to stop in these circumstances?

What have you discussed with your partner about this?

**Statement 7**

“I wanted to try NRT (Nicotine Replacement Therapy), but I’m worried I’m swapping one addiction for another?”

What have you heard about these products? May I tell you more?

NRT is a clean safe form of nicotine which deliver much lower doses of nicotine than cigarettes, without the chemical and gasses that cause you harm. It’s absorbed through your skin, which is slower than through your lungs so much less addictive. Using NRT can make it possible to handle the withdrawal symptoms you get when you stop smoking so you can be successful.

What’s your understanding of NRT? (following response) Could I give you some information about NRT and why we use it?