

Module 3: Communication Skills Exercises 1 and 2

Handout 1: Changing perspectives worksheet – stopping smoking

Why do I smoke?											
What keeps me smoking?											
	Advantages					Disadvantages					
Stopping smoking											
Not stopping smoking											
What are the benefits for me if I stop smoking?											
What would a smoke free future be like for me?											
How important is it for me to stop smoking?	0	1	2	3	4	5	6	7	8	9	10
How motivated am I to stop smoking?	0	1	2	3	4	5	6	7	8	9	10
How confident am I that I can stop smoking?	0	1	2	3	4	5	6	7	8	9	10
Scaling questions: circle answers where 0 = low and 10 = high											
What are the benefits for me if I stop smoking?											
How can we create a smoke free culture and environment?											