

## Module 3: Communication Skills Exercises 1 and 2

### Handout 1: Changing perspectives worksheet – stopping vaping

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