

Day 1: Handout 2

Pre-quit patient statements

Applying the Communication skills training to clinical practice

Statement 1

"I really do want to give up, but it's hard as my partner and most of my friends smoke."

Statement 2

"I am determined to stop smoking, but I can't afford to put on any weight and I know if I do, I'll start smoking again."

Statement 3

"What's the point of quitting, I've been smoking heavily for over 20 years now, isn't the damage already done?"

Statement 4

"Won't stopping smoking make my mental health worse?"

Statement 5

"You don't really know what you're asking me to do. Have you ever smoked?"