



Stop Smoking Support Group



Questionnaire

Know your smoking self?

Why do you want to stop smoking?

How do you feel about the prospect of stopping?

Are you optimistic? Why?

Do you fear failure? Why?

Have you tried to stop before?

If so, how many times have you tried?

Why did you restart smoking?

Why did you start smoking in the first place?

What benefit did it give you?

What purpose did it serve?



Stop Smoking Support Group

Why do you continue smoking?
What benefit does it give you now?

In what other way could you provide the same benefit?

What alternatives can you think of?

How do you feel about smoking?

Do you know when you are most vulnerable?

Which situations should you avoid?

Have you set a STOP DATE?

How are you preparing for the STOP DATE?

How are you going to treat yourself when you STOP?

How will you treat yourself with the money you will save?

Can you think of a time when you felt great & were free from nicotine? Swish it!