



8) Do you ever smoke to distract yourself from experiencing certain emotions? If yes, please describe.

9) Have you attempted to quit smoking before? If yes how, many times.

10) Why did you go back to smoking?

11) Do you have any fears about being a nonsmoker?

12) Please list ten reasons/benefits as to why you are choosing to quit smoking.

13) Has a physician warned you of a health issue due to your smoking?

14) Do you have any fears of what might happen if you continue to smoke?

15) Who else will benefit by your not smoking?

16) Why is this the right time to quit?

17) When you end an unhealthy habit like smoking, it must be replaced with a healthy habit. What good habits would you like to replace smoking with?

18) Have you chosen a quit date? If yes, what is it?

19) If you were to save up some of the money you would spend on cigarettes and gift yourself what would that be? For example, a massage at the spa, some new golf clubs, etc...

- 20) Have you told any of your friends who do smoke that you have chosen to live a healthier lifestyle? What was their response?
- 21) Please list three things you really don't like to do so you procrastinate doing them. For example, taxes, cleaning the toilet, changing kitty litter, etc....
- 22) Do or did either of your parent's smoke? If yes, who?
- 23) List three goals you have achieved or accomplishments you feel good about. It does not matter how long ago how big or small the goal or accomplishment.
- 24) List some of your higher values. For example: honesty, service, family, freedom, etc...
- 25) List some healthy habits you already have and want to do more of, or had before you smoked that you want to get back to.