

CASCO BAY ACUPUNCTURE & MASSAGE

YOUR RELATIONSHIP TO SMOKING

Please elaborate on all the questions, it will help you understand yourself and it will help me, as your support, to understand what you need to succeed.*

Why do you smoke?

Why do you want to become a non-smoker?

How long have you been thinking about becoming a non-smoker?

How do you envision yourself as a non-smoker?

How old were you when you first started smoking? What were the circumstances?

Have you tried to become a non-smoker before? Tell me about each time you tried.

What prompted you to become a non-smoker then?

Why do think you didn't succeed?

What were your worst withdrawal symptoms?

What is prompting you to become a non-smoker now?

What do you think are currently your biggest obstacles to becoming a non-smoker now?

Do YOU believe you can do it this time?

How is this attempt different?

Write down things you won't have to put up with as a non-smoker? List as many as you like.