Responses to Patients Heartsink Statements

Statement 1

"My granny smoked 40 a day and she lived well into her eighties."

Response:
How does that make you feel about your tobacco use? What was her health like for the latter part of her life? Did she ever try to stop? Why do you think that was?

Statement 2

"Well, I have cut down and changed to a 'lighter' brand."

Response:
What made you decide to do that? How do you feel now that you have done that? Where do you want to go from here?Why do you feel that smoking 'light' cigarettes will protect you?

Statement 3

"I've tried to stop so many times in the past and it just doesn't work."

Response:
Why do you think it hasn't worked before? What do you think you could do differently this time?

Statement 4

"I have almost managed to stop, but my partner smokes and I keep having the odd one with him."

Response:
How does that make you feel? What would you like to do? How does your partner feel about you smoking? What support would you need to make that final effort to quit?

Statement 5

"What's the point – the damage is done already."

Response:
What do you think will happen now if you continue to smoke? How do you think you would feel if you did stop? Did you ever stop before? How did you feel then?

Statement 6

"It's not like I'm hurting anyone else by smoking."

Response:
Have you ever heard about risks/harm from second hand smoke? Tell me why you believe your smoking doesn't affect anyone else. In what way do you think your smoking might be affecting yourself?

Statement 7

"Sure I'm only smoking, it could be worse, I could be doing drugs or something else."

Response:
It sounds like you think smoking is safer than doing drugs? You seem to believe that 'only smoking' is okay for your health – is that right?

Statement 8

"I don't smoke tobacco anymore, instead I use the Electronic cigarettes."

Response:
Why did you decide to do that? How does that make you feel? What do you understand is in electronic cigarettes? What is your plan from here?