

SMOKING ASSESSMENT

HEAD TO YOUR HEART, MAURINE KILLOUGH, CH

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When did you begin smoking?

How much do you typically smoke a day? How many times a day?

When do you smoke the most?

Do you smoke when you drink alcohol? If so, can you commit to limiting your alcohol intake until the new habit as a non-smoker has had a chance to take root?

Have you ever quit before? (For how long? What triggered you to smoke again?)

What methods have you tried?

Do you have any fears about being a non-smoker?

Do your friends/family smoke? If so, will they be supportive of you quitting?

On scale of 1 to 10 how much do you want to be a non-smoker? (You don't need to be at a 10 to be successful.)

Is there anyone influencing your decision?

Consider your calendar. Is there anything down the line that might make being a non-smoker challenging.

Goal image as non-smoker (describe a picture of yourself as a non-smoker):

Reasons want to give up smoking:

What you will gain as a non-smoker/benefits:

Positive things you can do to be healthy and feel good:

Temptations/Triggers	Healthy Alternatives