

MI Script – Assisting Former Smokers in Remaining Tobacco-Free

START THE CONVERSATION

Tell me how it has been going since I last saw you.

How have things been going?

Talk to me about the quit process so far.

DISCUSS CHANGES/ BENEFITS

What changes have you seen since quitting?

Tell me what benefits you have seen since quitting.

DISCUSS CHALLENGES/ SURPRISES

What has surprised you?

Tell me what problems you have encountered.

Tell me about your struggles.

ASSIST

Tell me how I can be most helpful.

How can I help?

What would be helpful to you at this time?