

The lifestyle consultation on smoking

The most important messages in the three stages could be gathered in:

The preparation stage (is seriously planning to give up smoking within one month):

- focus on the advantages of smoking cessation – confirm that smoking cessation is the right choice
- inform thoroughly how to prepare smoking cessation and offer participation in a smoking cessation group and book a date
- be very concrete in your consultancy
- support the participant in his belief that he will succeed, give him plenty of praise!

The contemplation stage (is considering smoking cessation at some indefinite future date – the participant is in doubt):

- focus on the ambivalence, try to identify all the pros and cons which the participant is struggling with - focus on the advantages of smoking cessation
- respect the participant's anxiety – help him to find a solution
- let the participant express his own considerations, only then the advantages of a smoking cessation is brought out
- make the smoking cessation and the consequences easy to see, offer participation in a smoking cessation group / other kind of help

The pre-contemplation stage (do not wish to give up smoking – not at all or not in the first 6 months):

- focus on avoiding confrontation
 - listen for reasons why the participant does not wish to give up
 - do not consider the participant as lost, but only just not ready yet
 - try to increase the participant's awareness of the major health advantages of smoking cessation
 - make the participant believe that smoking cessation is possible when he/she is ready one day
- ask whether the participant is satisfied with the actual tobacco consumption – eventually offer participation in a smoking reduction group