



BLUE PHOENIX WELLNESS

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Questions For Smokers

1. How long have you been smoking? _____
2. Why did you start smoking? _____
3. Did someone you looked up to smoke? _____ If yes, who?
4. Have you tried to stop smoking in the past? _____
5. What method did you use and what happened? _____
6. How many cigarettes do you smoke a day? _____
7. How much do you pay for a pack of cigarettes? _____
8. How could you better use the money saved by being a non-smoker? _____
9. Can you list three reasons why you want to stop smoking?
 - a. _____
 - b. _____
 - c. _____
10. What fear's might you have of quitting smoking? _____
11. Name other people who will appreciate your being non-smoking _____
12. Do you believe that smoking is harmful to your health? _____
13. Do you ever experience shortness of breath? _____
14. Do you have a smoker's cough? _____
15. Do you have any other health problems related to smoking? _____
16. When do you enjoy a cigarette the most? A. When you first get up in the morning B. With Coffee? C. As a reward D. Other
17. Do you smoke in your car? _____
18. Do you take a smoke break? _____
19. Once you go to sleep at night, do you get up to smoke? _____
20. Do you tend to smoke while you are talking on the telephone? _____
21. Do you smoke to feel confident? _____
22. Do you smoke when you feel bored? _____
23. Do you smoke more when you are upset? _____
24. Do you smoke to replace overeating? _____
25. Do you sometimes think of your cigarettes as your friend? _____
26. Are you truly ready to quit smoking? _____