

**Suggested Approach:**

- Encourage group members to discuss both pros and cons of continuing to smoke
- Discuss how making a decisional balance can help someone to make a decision by looking objectively at two sides of an issue.
- Using the decisional balance exercise is a component of a motivational intervention.

**Chapter 16:****What if I'm not ready to quit?****(Consumer's Handouts Section 5: Chapter 16)****Objectives for this Chapter:**

- To recognize that everyone is not ready to quit smoking at the same time.
- To encourage those smokers who are not ready to quit smoking to continue to learn about their smoking by remaining in this educational group.

**After reading this section, individuals will be able to:**

- To understand that even if smokers are not ready to quit smoking at this time, that they can benefit from learning more about the effects of their smoking on their health and may want to consider quitting in the future.
- Talk about their own concerns/ambivalence about quitting.

**Suggested Approach:**

- Encourage group members to discuss any ambivalence they may have about quitting smoking and what might help them make the decision to quit in the future.
- Encourage smokers who do not want to quit to stay in the group. Group members who are more motivated towards quitting may be able to share their ideas with lower motivated members.
- Help the group identify positive steps they can take in their treatment even if they are not ready to quit smoking.

**Chapter 17:****Is it really possible for me to quit smoking?****(Consumer's Handouts Section 5: Chapter 17)****Objectives for this Chapter:**

- To encourage smokers to develop new, alternate coping skills.

**After reading this section, individuals will be able to:**

- To review a list of new coping strategies for dealing with stressful situations.
- Understand that they should choose what coping strategies they feel will work best for them, then try it instead of smoking

**Suggested Approach:**

- Ask group if they are satisfied using smoking as their main/ only/ primary coping mechanism.
- Discuss how it will feel to try new coping strategies.
- Encourage group to review list of new coping skills or think of others that they would like try.

**Chapter 18:**

**What happens when I quit smoking without help? (cold turkey)  
(Consumer's Handouts Section 5: Chapter 18)**

**Objectives for this Chapter:**

- To teach group that quitting cold turkey causes many unpleasant withdrawal symptoms.

**After reading this section, individuals will be able to:**

- Understand that most smokers have a physical addiction to smoking.
- Recognize that when they stop smoking, that they will develop nicotine withdrawal symptoms.

**Suggested Approach:**

- Ask group how it felt to experience nicotine withdrawal.
- Help group to understand that nicotine withdrawal can be prevented or minimized if they use medications for future quit attempts.

**Chapter 19:**

**How do medications help me quit smoking?  
(Consumer's Handouts Section 5: Chapter 19)**

**Objectives for this Chapter:**

- To teach group about the 7 medications that are available to help them stop smoking.