

## Try out these supportive statements, backed up by this graph:

- What's the longest period you've stopped smoking before? What benefits did you notice? Can you remember why you went back? [Praise every effort.] Advise: Did you know the best way to stop is a combination of support and treatment?
- It's never too late to stop smoking. What have you tried in the past to reduce your symptoms such as breathlessness, fatigue or cough? On a scale of 1-10, how motivated would you say you are right now to stop? How confident are you?
- You should never quit quitting. If you already succeeded at quitting smoking, rest assured that you did the right thing.<sup>1,2</sup>



1. IPCRG. Tobacco dependence. Available at: [www.ipcr.org/themes/tobacco-dependence](http://www.ipcr.org/themes/tobacco-dependence). Accessed May 2024.

2. Reproduced from Parkes G et al. BMJ. 2008;336:598-600 (figure 2) with permission from BMJ Publishing Group Ltd.