# Questions about motivation

1. Why do you want to stop smoking?
2. Do you really want to quit?
3. How man cigarettes do you smoke each day?
4. Do you smoke them all the way down?
5. What brand do you smoke? (for nicotine content)
6. What age did you start smoking?
7. Have you stopped and started again before?
8. How did you stop?
9. How easy or hard was it to stop then?
10. What made you start again?
11. When do you smoke?
12. What are the triggers?
13. What do you like and dislike about smoking?
14. Do you have any fears about stopping?
15. Are there times you can go many hours without smoking and did it not bother you?