

CHAPTER 49

FOUNDATION RE-ENFORCEMENT INDUCTION FOR SMOKING CESSATION

Only do this if client has become a non-smoker or reduced smoking by 50% or more. If they haven't reduced smoking by 50% or more you need to find more leverage and expand habit analysis.

Do this Pre-Talk 1st: Focus on positive results--the amount of (cigarettes) they haven't smoked. Give credit where it is deserved, "Congratulations", "You're doing great; I'm sure you won't have any problems from here" etc ...

Induction . . .

Suggestions: The purpose of this session is to help you adjust to the fact that you're now a non-smoker. I'd like you to take a minute (if they are, if not find some positive steps they've taken) with all the changes that have taken place, notice how rewarding it is to be living your life without (cigarettes).

You're very satisfied as a smoke-free person. You feel like you have everything you need or want as a non-smoker, and you're very proud of yourself. *(If there's a few (cigarettes) that have been hanging on, relax, they'll fade away rather quickly from here until they're completely gone.)*