You know, quitting smoking is one of the best things you could do for your physical health, and, in the long run, a very good thing to do for your mental health. So do you want to try to quit at this time?

OK, now may not be the best time for you to quit. So are you ready to learn how to quit so that when the time is better, you are ready? (Do you want to prepare for your future quit attempt? Are you willing to cut down?) So do you want to try to quit at this time?

Are you at least willing to talk to me about your smoking?

OK, but this is so important to your health that I’ll be asking again, later, to see if you’ve changed your mind.