

Utt. #	P or C	Content of Utterance	Code
1	P	Hey Alex, thanks for coming in today	
2	C	Thanks for seeing me so quickly	
3	P	Sure, so what brings you in? We haven't met before.	
4	C	Well, my doctor on my most recent annual physical, you know basically looking at my readings, my blood pressure and things like that, you know has been strongly suggesting I quit smoking and you know he suggested on this last visit that I come and talk to you about it	
5	P	Okay, so your doctor's worried about your smoking. He would like for you to perhaps quit smoking	
6	C	Umm...yeah	
7	P	Yeah. What is he worried about?	
8	C	Well, I mean I think, you know, he's got some concerns about where it's got me, you know, in my physical health at this point.	
9	P	So he feels like it's causing you some health problems	
10	C	Yeah he says my blood pressure is a little higher than it should be and my resting heart rate's a little higher than it should be and there's some concern about, you know, my breathing and and that, yeah.	
11	P	So what do you make of these concerns?	
12	C	Well I mean I'm sure I mean, yeah my blood pressure is high and my heart rate's a little higher I guess than it should be and you know I'm not a kid anymore and so I do have a little bit trouble breathing and I know smoking's not good for me but, uh, you know I enjoy it	
13	P	Mmm hmm. So there's things you like about it but some worries that you have and you're not really sure what your next steps are	
14	C	I guess, um, you know I mean it's when I'm at work you know if I'm stuck on a problem at work it's nice to be able to take a break and maybe step outside and have a minute to myself and enjoy a cigarette and think over the problem and come back in sort of refreshed and re-energized and you know re-attack whatever problem I'm working on at work	
15	P	Uh huh. So it's a nice break for you; let's you clear your head	
16	C	It is, it's a nice break, sure	
17	P	And you don't know what it would be like without it, like that seems like it would be hard to adjust	
18	C	Well, yeah I think it would be hard to...I don't know, I mean I've tried a couple of times to quit over the years and I got grumpy and fussed at my wife and fussed at my kids and you know and just would get really tense at work and you know and it just wasn't a good thing.	
19	P	Mm hmm. So you're worried, really actually about what things would be like if you quit	

20	C	Yeah. Yeah, I guess so	
21	P	Mmm hmm. And so you're grappling with, you know, your doctor's worried about your health, would like for you to quit and has been suggesting this for a while, umm, but you think you might not even really like who you are if you quit smoking	
22	C	Umm, I mean, I don't know, I mean the times I've tried it's been tough and it hasn't been easy and I haven't been an easy person to be around and you know people say, you know, you give it a couple of weeks and then it gets better but, you know, after a week of just yelling at everybody and just being irritable and stuff I can't, you know, I have a hard time being with myself. I mean, don't get me wrong, I understand that smoking is bad, I mean, you know the research is out there that says that it's bad for your health, and it's bad for your heart and your lungs and lung cancer and things like that. I get that. But uh, I don't know I mean what's worse, is one worse than the other?	
23	P	Mmm hmm. Yeah. The balance clearly isn't in favor of quitting for you. The jury's still out right now.	
24	C	I guess. I don't know. I mean, I know it doesn't, you know I don't want to get sick and I don't want to have lung cancer. My grandfather passed away of lung cancer from smoking and I don't want to get to that point and I don't want to have to waste away like that but you know, I mean, it's hard man, it's hard to quit, it's hard to put it down and not pick it up in the morning. I mean I get up in the morning and I have my coffee and my cigarette and, you know like I said at work it's a nice break and after dinner it's a nice little time to sort of relax. It's hard, it's very much ingrained in my everyday routines and activities.	
22	P	Mmm hmm. It's who you are.	
26	C	I don't know if it's who I am, but it's very much a part of me.	
27	P	Mmm hmm. Yeah, so it's a tough spot to be in. Sounds like you've given this some thought. What do you make of what the doctor's recommendations are and...?	
28	C	Well, I mean I can't fault the doctor for making this recommendation I mean, you know, his job is to look out for my physical well-being. And I'm sure in the long run it's probably better for me physically to quit smoking but uh, you know, maybe it's not good for my mental well being, maybe that's why I'm here, I don't know, but I'm a different person when I've tried to quit and I don't like that person. It's hard	
29	P	Mmm hmm	
30	C	I don't know, maybe, have you ever been a smoker? I mean, have you ever tried quitting smoking? It's tough	
31	P	Yeah, I hear you saying it's tough. It's not an easy place to be.	
32	C	Uh huh	
33	P	And you've had some quit attempts in the past that haven't worked out	

		so it's even frustrating for you.	
34	C	Yeah, I tried a couple of times, I tried in college but then finals, you know, finals came and it was just so much stress with finals that I just was like, sorta like, lemme get through finals and then I can think about quitting and then once I was through I didn't care, you know, I didn't worry about it. You know and same thing, you know, getting at work and then there's a big project or something it helps you get through those stressful moments. You know the last time I tried to quit I was irritable at work, and I was, you know, I argued with my boss, and I argued with my coworkers and I fought with my wife and I yelled at my kids and after a couple of days of that I just thought to myself it's just not worth it.	
35	P	Mmm hmm. Yeah, it didn't make sense for you to keep going trying to do it.	
36	C	Yeah, I mean, look I know it's not good for me. Umm...	
37	P	Can I interrupt you for a sec because you've said that a few times today. That you know it's not good for you and you've mentioned your kids and your wife and it sounds like they're really important to you and, um, you did come to see me today. You are worried about your health	
38	C	Well sure	
39	P	To some extent	
40	C	Absolutely. I mean, you know, I wanna be around as long as possible to see my kids grow up and flourish as adults and things like that. I don't want to be dead at 60 of a heart attack or lung cancer or something like that, so yeah, those things are absolutely important to me. But I don't want to get there by, you know, being a complete tyrant as I'm trying to quit and struggling with not smoking and...	
41	P	If you could just get to the quit part, you'd be ok	
42	C	If I could just get over that hump and just be done with it, that would be great. But I just don't, I mean I've tried and I just don't think I can do it	
43	P	Getting there has been really hard for you	
44	C	Absolutely	
45	P	But I hear a little bit that you would really like to get through that part	
46	C	Yeah, I mean if there was, you know, I way I could do it, if there was a miracle pill I could take, you know, that would get me over that hump, you know I would do it, but...	
47	P	Um, so there's – is it ok if I share some information?	
48	C	Sure	
49	P	So there's not a miracle pill, unfortunately, although I'd love it if there is but there are some medications that can help you get through some of the more difficult cravings and make it a little bit easier. And I don't	

		know if you've tried those in the past and I think quitting cold turkey is the most common way that people quit smoking and it's probably one of the hardest ways to quit. And you know, there are things you can do to make it a little bit easier and that has to be your choice. You know there's lots of different ways and we're almost out of time today but that could be something that we talk about if you would be willing to come back again and talk a little bit about what options are to help you get through that hurdle	
50	C	I mean, I don't know, I've tried different things. I've tried the gum and the patch and things and they just haven't really worked for me. I don't know, I mean, I don't know if there's something different or a different way to do it that might be more successful but I mean I tried it -	
51	P	They haven't worked for you in the past	
52	C	They haven't worked for me in the past so I mean I don't know what you could possibly offer to me that would be better but, you know, sure I mean I see no reason why – it's not going to hurt me to come back and talk to you	
53	P	I appreciate that. So why don't we end for here and we'll figure out a time next week to try and meet again.	
54	C	Sounds good	
55	P	Thank you	