

Interview 9: Overuse of Following
Interviewer: Stephen Rollnick, Ph.D.
Client: Barry
Context: Behavioral health care consultation
Time: 5 minutes
Focus: Smoking

Code

1	I	I can see it couldn't have been easy for you to get up here today.	
2	C	Well, I appreciate that you recognize that, 'cause it wasn't. I'm in a lot of pain and I would prefer to be at home with my leg elevated, but thank you.	
3	I	And I understand that you saw Dr. Ross, who advised you to come down and see us here in the clinic.	
4	C	I did. He replaced my ACL in my right knee, and I'm now having some complications due to the procedure, and he feels that smoking isn't helping the situation.	
5	I	So you're having, it sounds like, a really tough time with the knee, having to have a second operation.	
6	C	Yes. Yes, the fact that I need a second operation and the fact that I'm here, I'm wondering, you know, the thought's crossed my mind, I don't want to throw out accusations, but I wonder if there was some sort of mistake in the procedure and this might be a sort of diversion tactic. That could be due to other things, but I don't want to . . . I just want to be honest. The thought has crossed my mind.	
7	I	Yeah, because it sounds like something of a mystery to you, almost, why you're down here, and quite what went wrong there with the surgery.	
8	C	Exactly, and I understand things happen, don't get me wrong. It's just, like you said, "Why am I here?"	
9	I	Right. Almost like he might have been trying to cover up a little bit something that had gone wrong in the surgery and this is like, "OK, now you need to go down and see the smoking cessation people."	
10	C	Well, you know, to me it doesn't seem like too far-fetched a situation. It happens all the time.	
11	I	Yeah. And that must leave you feeling a little bit disheartened about . .	
12	C	A little bit. I feel like I'm just going through the motions so I can have him fix my knee.	
13	I	Right.	
14	C	If he needs me to come here and talk to you about quitting smoking, then I'll do it.	
15	I	So in your heart you weren't exactly looking forward to coming up here today.	
16	C	No, I'll be honest - no offence to you, or what you do as a profession. I'm sure there are people that can benefit from it. I just don't see how it applies to me.	
17	I	Yeah. And the pain that you're going through with your knee and the confusion about quite what went wrong, it's like you don't really need another problem do deal with right now, eh.	

18	C	Yeah, I have a lot on my plate.	
19	I	Yeah	
20	C	Full-time job healing up.	
21	I	Yeah, sure. And would you mind if I asked you how you actually felt about your smoking?	
22	C	Well, I use it as a release. I use it to get away from the stress of my profession. Of people I deal with, you know. I don't want to go through my life stressed out or angry and it relaxes me at the end of the day.	
23	I	Right. So in the busyness of your everyday life this is something that's important to you.	
24	C	Yes, sir, it is. Absolutely. It's something I value as a quality of my life.	
25	I	Right. And what other circumstances do you enjoy smoking in?	
26	C	Social	
27	I	You talked a little about work. Although, what sort of work do you do? I don't quite know.	
28	C	I'm in finance.	
29	I	You're in finance, right. That's quite a high pressure sort of environment.	
30	C	It is. Perfection is expected	
31	I	Yes	
32	C	And it's something I can't always deliver. I'll be honest.	
33	I	Sure	
34	C	But when it doesn't get delivered, then I get told. They come down on me hard, management.	
35	I	And the smoking	
36	C	And I want to smoke more.	
37	I	Yes, I was just going to say, and the smoking fits in there as a sort of release valve.	
38	C	Absolutely. Absolutely. Not only that, you know, I hang out with my friends who smoke, and it kind of gives us privacy. No one wants to be around smokers, as you probably know, if they don't smoke, so we can sit out there and puff and talk and it helps.	
39	I	And so the social side is also important to you.	
40	C	Oh sure, sure. You know, like with the new laws, smoking laws saying you can't smoke in a bar, that's created a whole other social circle outside the bar where you have to go to smoke, so	
41	I	I see, and so	
42	C	Almost another place to hang out now.	
43	I	And there's another opportunity to be with kindred folk.	
44	C	Absolutely. Like-minded people. Not feeling like you're being judged for being a smoker.	
45	I	And so how did you feel about coming down here today to talk about all of this?	
46	C	A little chagrined, a little chagrined, I'll be honest. Like I said before, no offence to you.	
47	I	Sure	
48	C	for your business, but I don't feel I really need to be here	
49	I	Sure OK	

