

Focus of change: Reducing or stopping vaping**Definitions (From Miller & Rollnick, 2023)****Simple Affirmation:** Comments on something specific that the person did/said.**Complex Affirmation:** Comments on an enduring strength or admirable attribute; about the person.

Role	Utterance	
Aubrey:	Hello Jeremiah, <u>thanks for coming to talk with me</u> . What's been on your mind?	Q
Jeremiah:	Well, I've been worried about my vaping. I started when I stopped smoking cigarettes thinking it'd be a good way to ween off but now, I am hearing all these things about how bad it is.	
Aubrey:	<u>You've made some changes</u> in your smoking and now you're considering what to do about the vaping.	SA, CR
Jeremiah:	I noticed I'm feeling more anxious, and I wonder if it is because I'm vaping too much or reading too much ;0) (chuckles).	
Aubrey:	And you would like to figure what's what so you can make the right decision for you.	EA
Jeremiah:	Vaping helps me to relax and reduce my cravings for cigarettes but now that I'm reading about what I might be taking in and what it does to my brain, I'm all confused.	
Aubrey:	What you've read has got you scared and you're here to try and sort things out.	CR
Jeremiah:	Right – I'm worried if I stop cold turkey that I'll wind up smoking cigarettes again.	
Aubrey:	And you don't want to go back – <u>your health is important to you</u> .	CR
Jeremiah:	Of course, and the older I get the harder it is to be healthy it seems.	
Aubrey:	When you think about making a change, what things are you considering?	Q
Jeremiah:	Hmmmmm – well, I'm taking a vacation this fall and thought I could not take my vape with me. I can't use it on the plane, and I thought it might give me a jump start. I think about reducing the times I vape and maybe doing something different when I'm tempted to vape – like walking, getting out of the space I'm in.	
Aubrey:	You've considered quite a few things. <u>You're determined</u> to figure out the best way to make this change.	SR, SA

Jeremiah:	Putting it off until vacation sounds kind of dumb - so maybe doing some things to distract me from vaping could happen sooner.	
Aubrey:	What kinds of things do you think would help you?	Q
Jeremiah:	Getting up and walking away from the space I'm in sounds like a good distraction. Like they suggest with quitting smoking – eat a piece of candy - might be something I could do too. I think I would have to put my mind to it because I seem to vape without thinking about it.	
Aubrey:	You've noticed you vape without thinking and making your goal of vaping less, more conscious is one thing you're considering.	SR
Jeremiah:	It would be a good place to start.	
Aubrey:	When you transitioned from cigarettes to vaping, how'd you get that started?	Q
Jeremiah:	When I was getting low on my cigarettes, I decided to buy a vape instead. It seemed like an easy shift - although there were times when I wished I bought the cigarettes. Vaping wasn't as enjoyable at first.	
Aubrey:	<u>When you put your mind to something, you make it happen!</u>	CA
Jeremiah:	I've been told that before. I guess that's right. It doesn't seem that way this time because I'm here asking for your help.	
Aubrey:	<u>Asking for help takes courage</u> and is a part of some people's change process. <u>You're courageous</u> when it comes to reaching your goals – you ask for help when you want it.	CA
Jeremiah:	Yeah, that makes sense. I was a bit nervous coming here and now I feel some level of relief – like I've made a commitment.	
Aubrey:	<u>You did make a commitment and you followed through</u> by coming in talk about your goals and options. What do you think now that we've been talking a bit?	SA (effort), Q
Jeremiah:	It feels good to talk about it and thinking about reducing the number of times I vape seems like something I could do. That way I'm doing something and don't have to fear the withdrawal.	
Aubrey:	Cutting down will give you a piece of mind to reduce the discomfort and stick with a commitment to do something.	CR
Jeremiah:	Yes, and when I hear you say it – seems silly that I couldn't figure this out on my own.	

Aubrey:	You had a lot on your mind and talking it out helped you sort through what's already there.	CR
Jeremiah:	True. I think I'd like to plan to reduce the amount and come back and talk with you again because this was helpful, and I think it will keep me accountable.	
Aubrey:	I'm here to support your plan. What else are you thinking would be helpful?	EA, Q
Jeremiah:	Seeing as I've been vaping without thinking – I first have to pay attention to how much I'm actually vaping, before I could even know that I'm making progress cutting down. Without any data – I am thinking if I start with reducing by 25% - I'll know what that means after I see how many times I vape a day – or how much I buy.	
Aubrey:	<u>Good idea</u> – knowing how much you use and then having that baseline to know what 25% would mean. What else would be helpful?	SA, Q
Jeremiah:	Maybe telling my friend at work; he's been noticing how often I'm "smoking up the place" – it never dawned on me that it was his playful way to tell me it bothers him.	
Aubrey:	<u>You care about your friend</u> and getting his support might even be a relief to him.	CR
Jeremiah:	I'm sure he'd be happy to know I'm going to make a change.	
Aubrey:	<u>This sounds like a good next step.</u> Let's connect in a couple weeks – if that sounds good to you – to see how things are going?	SA, EA
Jeremiah:	Two weeks will be good – thanks!	