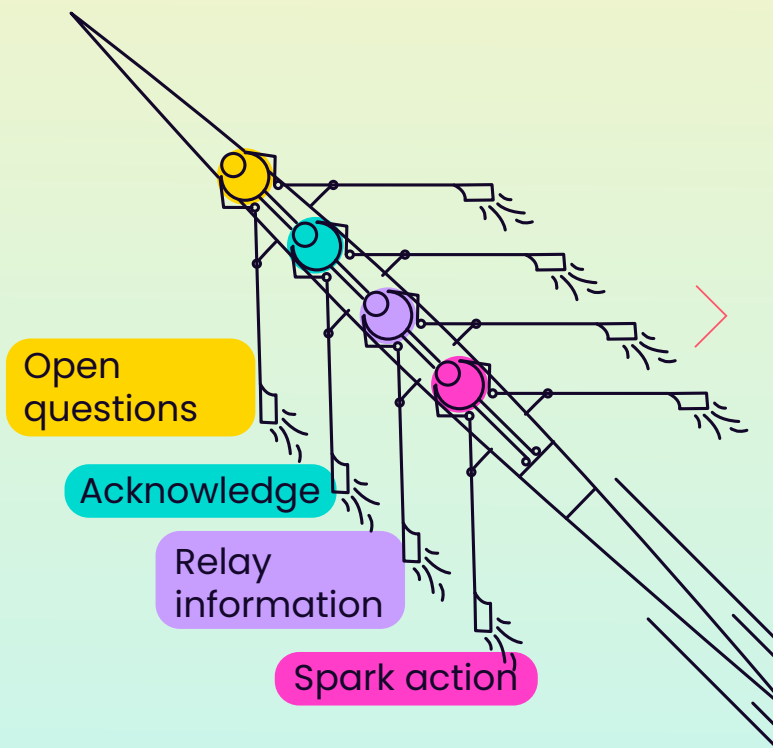
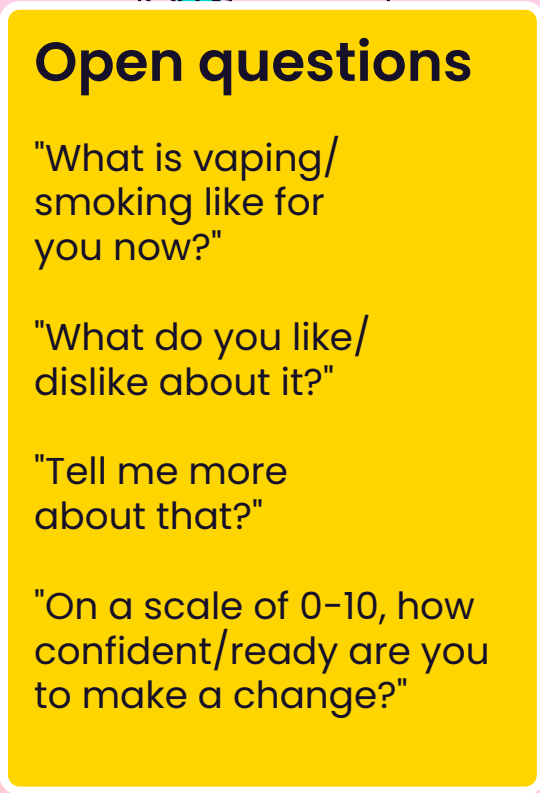


OARS





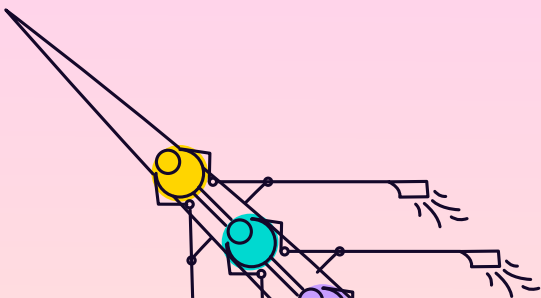
Open questions

"What is vaping/
smoking like for
you now?"

"What do you like/
dislike about it?"

"Tell me more
about that?"

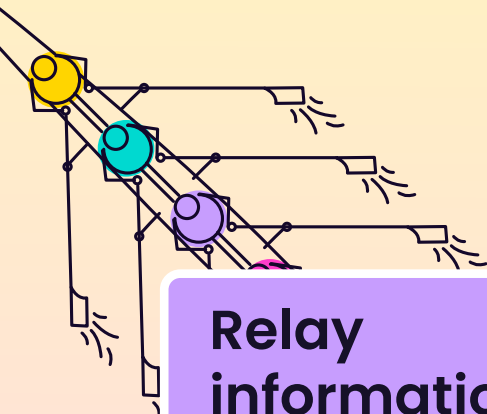
"On a scale of 0-10, how
confident/ready are you
to make a change?"



Acknowledge

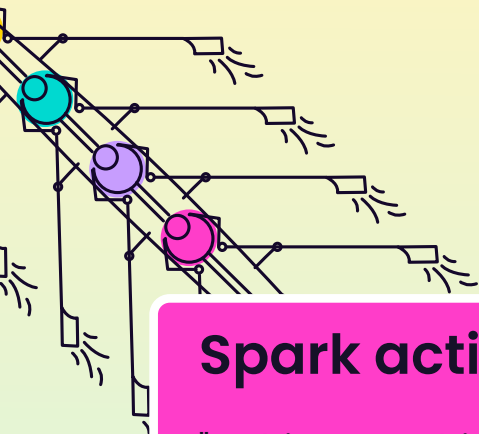
"That makes a lot of sense...[acknowledge their experience/feelings]"





Relay information

"On that, something I
learnt recently is..."
"Is it okay if I share
something that might
surprise you?"



Spark action

"Is this something you want to keep going with or might you want to think about changing?"

"Why might you think about making a change?"

"What are the 3 best reasons for doing it?"

"Can I share something that might help?"

"What might you do next?"

OARS

