

Touching Hearts Touching Minds Handout #15 College Diploma (Smoking)

What is the key message?

- The real costs of smoking go beyond the price of cigarettes.
- Children often pay the real cost of parental smoking.
- Focusing on the future may help moms change their smoking habits today.

Who should receive this message?

- Any woman who smokes.

How can this message be used?

Open:

(Prior to the session, develop a set of “feeling word cards” and have them available for use at the session. Feeling word cards are 3X5 index cards with one feeling noted on each card. Directions on making feeling cards are included at the end of this session.)

- Please choose one or two “feeling cards” that reflect how you feel about smoking. Ask parents to share feelings they identified with smoking.
- After sharing, ask: what makes you feel that way about smoking?

Dig:

- What benefits do you get from smoking?
- What can you replace smoking with to provide those same benefits?
- How would your life be better if you stopped smoking?
- What makes it difficult for you to stop smoking?

Connect:

- How would you feel about yourself if you were able to stop smoking?
- How would your child’s life be better if you stopped smoking?
- How would your children feel if you stopped smoking?



Act:

(Display the feeling word cards again on a table or board.)

- Select a feeling word card that says how you want to feel one month from today about smoking.
- What will you do this week so you can experience those positive feelings one month from today?
- What will you do during this challenging time to make you feel less fearful, tense, and overwhelmed?

How to create a set of feeling word cards: Write each of the following feeling words on an individual 3 X 5 index card: Excited, joyful, peaceful, curious, happy, glad, pleased, confident, loving, warm, tender, proud, safe, secure, open, amazed, passionate, surprised, calm, sad, depressed, hopeless, scared, afraid, worried, impatient, numb, hurt, lonely, shocked, embarrassed, ashamed, exhausted, confused, fragile, envious, edgy, hate, lost, repulsed, uncomfortable, hopeful, alive, inspired, thrilled, trusting.

