



# Making Connections

## Conversations about RECOVERY from other substance use dependence

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- What role did tobacco use play in your past drug/alcohol use?
- What is it like to still smoke cigarettes and not use other substances?
- What similarities to you see in your dependence on tobacco and your dependence on other drugs/alcohol (behaviors, ways of thinking, etc.)?
- How do you feel that smoking cigarettes helps you in recovery?
- In what ways does smoking cigarettes interfere with your recovery?

## Conversations about dealing with STRESS/NEGATIVE EMOTIONS

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- How do you feel smoking cigarettes helps you manage stress/negative emotions?
- What other skills do you have for managing stress/negative emotions for those times you can't smoke a cigarette?
- What skills are you learning/have you learned in recovery to manage your cravings to use other drugs/alcohol?
- In what ways does smoking cigarettes add to your stress?

## Conversations about RELEVANT HEALTH ISSUES

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- Would it be o.k. if I told you some information about the effect of smoking cigarettes on...?
  - **Recovery from other substances:** Research shows that quitting tobacco use helps in the recovery from alcohol and other substance use disorders.
  - **Hepatitis-C:** Smoking worsens liver damage and increases risk for a form of cancer called non-Hodgkin's Lymphoma.
  - **HIV:** Smoking worsens HIV-related health problems and interferes with effectiveness of HIV treatment medications.
  - **Diabetes:** Smoking interferes with insulin levels and also causes type-2 diabetes.
  - **Medications:** Smoking interferes with the effectiveness many commonly prescribed medications.
- What do you think about this information?

(Continued over)

LAST UPDATED: MAY 2018

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## Conversations about FAMILY MEMBERS' HEALTH

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- What do you know about the dangers of secondhand and third-hand smoke exposure on infants, children and pets?
- Would it be o.k. if I told you some more information about this?

## Conversations about FINANCES

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- How does spending money on cigarettes affect your ability to pay for other things?
- How would your life be different if you had all the money you spend on cigarettes saved up for a year? Five years?

## Conversations about FUTURE GOALS/VALUES

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- How might smoking get in the way of your hopes for the future?
- How does smoking fit in with the importance you place on being a good parent?

Use the space below to identify **OTHER ISSUES** where a person's tobacco use could come up in conversation? What might you ask?

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