



# What is a Tobacco Awareness Group?

**THE PURPOSE** of the tobacco awareness group is to help participants discover a new understanding about their relationship with tobacco and identify barriers to quitting. A tobacco awareness group is about introducing new thinking and insight, not about taking action or making behavioral changes. It is for individuals in the early stages of change: precontemplation and contemplation.

**THE GROUP LEADER** uses motivational interviewing techniques and group facilitation strategies to focus on specific topic areas that help participants think differently about their tobacco use. *The group leader does not suggest solutions or teach practical skills. The group leader does not advocate for change or tell participants they need to stop using tobacco.*

**Objectives** of the tobacco awareness group are to help participants:

- Develop insight into tobacco use behavior
- Identify advantages to quitting
- Develop ambivalence (mixed feelings) about tobacco use
- Identify the relationship between tobacco use and alcohol/other drug use (AOD)
- Talk about the role of tobacco use in recovery and relapse from AOD

**Desired outcomes and long-term goals** of the tobacco awareness group include:

- To raise awareness of tobacco related topics
- To develop “discrepancy” (*the ability to recognize how current tobacco use conflicts with the person’s future goals or current values*)
- To normalize and resolve ambivalence in favor of change
- To increase motivation to change
- To help participants move to the next stage of change

**Source:**

**Tobacco Recovery Resource Exchange** [www.tobaccorecovery.org](http://www.tobaccorecovery.org)

Tobacco Awareness Group curriculum:

[www.tobaccorecovery.org/clinician/#tool3](http://www.tobaccorecovery.org/clinician/#tool3)

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