**ASSIST: Unwilling to Quit**

Use interventions to increase future quit attempts, such as the “5 R’s” and motivational interviewing.

1. **RELEVANCE:** “Why might quitting be especially helpful for you now?” Emphasize health concerns, family or social situation, finances, age, gender, and other important patient characteristics.

2. **RISKS:** “Let's discuss a few potential negative consequences of tobacco use.” Emphasize acute risks, long term risks, and the environmental risks of second hand smoke.

3. **REWARDS:** “Do you know the potential benefits of stopping tobacco use?” Emphasize personal health, family health, money saved, physical performance, and appearance.

4. **ROADBLOCKS:** “Let’s identify barriers or impediments to quitting and try to come up with a few solutions that would work for you.” Suggest treatment strategies such as problem-solving counseling (“What need does smoking meet for you now?”) and/or medication.

5. **REPERTITION:** Repeat these steps at each visit with an unmotivated patient. If tobacco user has failed in previous quit attempts, reassure them: “Most people make repeated quit attempts before they are successful.”


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