



Smoking and Me story

Objective

This exercise is intended for a) healthy lifestyle advisors as a self-awareness exercise. In order to be able to engage in dialogue and genuinely listen to customers, advisors need to recognise their own attitudes and history relating to the subject matter when providing advice. The aim is to find a personal connection with the topic at hand.

In addition, the exercise can be used b) with customers at a suitable stage of the advisory process to help them recognise their personal histories related to the subject matter.

Target group and the group size

Target group and the group size: The exercise can be done individually or with a large group (30 people), provided that the group is first instructed so that the participants can then work in pairs.

Time use

Group instruction takes approximately 15 minutes, followed by 2x 15 minutes for working in pairs, and a group discussion at the end. The recommended total time is about one hour.

Preparation, supplies, facilities and equipment:

The questions (1-4) provided in the appendix should be copied and cut into sheets to give each pair all four questions and the instructions. The questions can be glued onto colour cards.

Each pair should have enough room to move about and work in peace.

Assignment and work instructions:

See the appended page.

Notes:

Notes: When working in pairs, it is important that the student acting as the advisor refrain from analysing or making judgments about the storyteller's life events. The advisor's task is to listen and ask questions to help the storyteller recognise sensory feelings that can be incorporated into the story. The storyteller should be made to feel that he or she and the history and emotions that have personal significance to him or her are accepted as they are.



Instructions for the pairs

The idea is to spend time reading the question cards (1-4), reminisce, relive and bring all your senses to bear on the experience. Find a space where you can go through the questions by walking down an imaginary life timeline.

Take turns with your partner to do the exercise so that one of you tells the story and the other one helps by asking questions. The accuracy of events is not important; rather, you should focus on exploring how you perceive them. In other words, there are no right or wrong answers - the idea is to awaken your sensory experiences and perceptions related to the subject matter.

The aim is to find a personal connection with the topic at hand in order to create a holistic basis for learning.

Note: You should first decide what you are going to tell and share with your partner. For example, if you would rather not share your first smoking-related experience with your partner, you can choose a later event.

In order to help you relive the experience, discuss your feelings, perceptions and sensory experiences related to each question. Instead of telling the story at a purely intellectual, rational level, you should try to identify sensory and emotional memories. You can choose any sensory feeling that you find meaningful right now (sound, smell, colour, light, bodily sensation).

- What feelings did you have about the experience in the event/life stage in question? (Neutral, pleasure, excitement, fear, shame, joy, sense of togetherness, relief, defiance, uncertainty, confusion, etc.)
- What sounds do you associate with the event? (If you can't remember any, what sounds do you hear in your head when thinking about the event?) There are no right or wrong answers - the idea is to awaken your sensory experiences and perceptions related to the subject matter)
- What about smells and tastes? (If you can't remember any, what smells does the event conjure up in your mind?)
- What colours or lights do you see?
- What body position do you associate with the memory?
- Who was present, what was your relationship to these people? (Where do you see them in relation to yourself in that space?)

1. **WHEN DO YOU FIRST REMEMBER SEEING/HEARING ABOUT SMOKING?**
2. **WHEN/WHERE WERE YOU OFFERED CIGARETTES FOR THE FIRST TIME?**
3. **AT WHICH POINT IN YOUR LIFE DID YOU SMOKE?**
4. **IN WHAT SITUATIONS DO YOU DEAL WITH THE SUBJECT MATTER (SMOKING) TODAY?**

