



Interview Script

**BREAKING FREE DAY
STORIES INTERVIEW SCRIPT
& QUESTIONS**

2025

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Breaking Free Day Stories Interview Script and Questions

Thank you for taking the time to share your story with me today. We know that every person's journey with nicotine is unique, and by hearing from you, we hope to inspire others who are walking the same path. Today, I'll ask you a few questions about your journey with nicotine—what led you to start, the challenges you've faced, and what you hope for the future. Our goal is to spotlight stories like yours as part of our Breaking Free Day celebration, where we can show how faith, community, and determination can lead to liberation from nicotine."

Question 1: Tell me about when you decided to stop using nicotine?"

Everyone has a moment when they decide to make a change. Can you describe the moment when you realized it was time to stop using nicotine? What was going through your mind, and what gave you that final push to give it up?

Question 2: "What was your main motivation for quitting nicotine?"

"We all have reasons that drive us. For some, it's family, health, or wanting to live life differently. What was your biggest motivation for wanting to quit nicotine? How did this motivation keep you moving forward?"

Question 3: "What challenges did you face while trying to quit?"

"We know quitting nicotine isn't easy, especially when it's been a part of your life for a long time. Can you share some of the challenges or obstacles you've faced while trying to quit? How have these challenges impacted your life, and what did you learn from them?"

Question 4: "Did you use specific methods or tools to help you quit?"

"Many people find strength in different methods, whether it's through support groups, medication, or prayer. What tools or methods have you or did you try to help you quit using nicotine? Were there any that worked particularly well for you, or maybe some that didn't?"

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Question 5: "Did your friends and family support you during your journey to quit?"

"Having people in your corner can make all the difference. Did your friends or family support you during your journey to quit using nicotine? How did they help, and what kind of encouragement or actions from them meant the most to you?"

Question 6: "Were there any setbacks along the way? How did you overcome them?"

"Many people face setbacks or slip-ups while trying to quit, and that's okay. What setbacks did you experience, and how did you find the strength to get back on track? Was there something specific that helped you pick yourself back up and keep going?"

Question 7: "How do you feel now compared to when you were using nicotine?"

"Let's talk about how you feel today compared to when you were still using nicotine. How has your physical health, mood, or sense of self changed since you began this journey? What positive changes have you noticed?"

Question 8: "How has quitting nicotine changed your daily life or routines?"

"When someone quit using nicotine, it often changes their daily habits and routines. Can you share how your life has shifted since you began the process of quitting? Have you replaced smoking with new habits or routines that are healthier for you?"

Closing Statement:

"Thank you so much for sharing your story with me today. Your honesty and courage are powerful, and we believe your journey will inspire others struggling with nicotine. We look forward to spotlighting your story at our Breaking Free Day celebration, where we'll honor the strength and resilience of people like you who are choosing a life of freedom from nicotine. You're helping to show that quitting is possible, and we are grateful for that."