

Class Two: Paired Sharing Exercise

Instructions:

1. Get into a pair with someone.
2. Introduce yourself to your partner
3. Choose who will be **A** and who will be **B**.
4. **A** will go first and answer the questions
5. **B** will get a chance to talk half way through the allotted time
6. It is important for each person to listen and not chime in with your story until we tell you to switch.

Answer the following questions:

- 1) What happened this week when you did your pack track activity?

If you did not do the pack track activity, answer the following questions:

- 2) What are your fears about becoming smoke-free?
- 3) What are you looking forward to about becoming smoke-free? Really think about it and be specific.