FORM 4

### **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

OMB APPROVAL

| OMB Number:              | 3235-0287 |
|--------------------------|-----------|
| Estimated average burden |           |
| hours per response:      | 0.5       |

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| Name and Address of Reporting Person*     Sellig Thomas |               |                | 2. Issuer Name and Ticker or Trading Symbol ACHIEVE LIFE SCIENCES, INC. [ ACHV ] |          | onship of Reporting Person(s) to Issuer all applicable) Director 10% Owner      |                       |  |
|---|---------------|----------------|--|----------|---|-----------------------|--|
| (Last)<br>22722 29TH DR<br>SUITE 100                    | (First)       | (Middle)       | 3. Date of Earliest Transaction (Month/Day/Year) 01/22/2024                      |          | Officer (give title below)  | Other (specify below) |  |
| (Street) BOTHELL (City)                                 | WA<br>(State) | 98021<br>(Zip) | If Amendment, Date of Original Filed (Month/Day/Year)                            | 6. Indiv | idual or Joint/Group Filing<br>Form filed by One Rep<br>Form filed by More than | ` '' /                |  |

### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

|  | Date<br>(Month/Day/Year) |  | Transaction Code (Instr. |   | 4. Securities Acquired (A) or<br>Disposed Of (D) (Instr. 3, 4 and 5) |               |       | 5. Amount of<br>Securities<br>Beneficially Owned<br>Following Reported | 6. Ownership<br>Form: Direct (D)<br>or Indirect (I)<br>(Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
|--|--------------------------|--|--------------------------|---|--|---------------|-------|--|---|---|
|  |                          |  | Code                     | v | Amount   | (A) or<br>(D) | Price | Transaction(s) (Instr.<br>3 and 4)                                     |   | (111341. 4)   |

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of<br>Derivative<br>Security (Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security |            | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transaction<br>Code (Instr.<br>8) |   | 5. Number of<br>Derivative<br>Securities<br>Acquired (A) or<br>Disposed of<br>(D) (Instr. 3, 4<br>and 5) |     | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |                    | 7. Title and Amount of<br>Securities Underlying<br>Derivative Security (Instr.<br>3 and 4) |                                     | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |  |
|--|---|------------|---|---|---|--|-----|--|--------------------|--|-------------------------------------|---|--|--|--|--|
|  |   |            |   | Code                                    | v | (A)  | (D) | Date<br>Exercisable  | Expiration<br>Date | Title  | Amount<br>or<br>Number of<br>Shares |   | Transaction(s)<br>(Instr. 4)   |  |  |  |
| Stock Option<br>(right to buy)                   | \$4.55  | 01/22/2024 |   | A                                       |   | 31,500   |     | (1)  | 01/22/2034         | Common<br>Stock  | 31,500                              | \$0.00  | 31,500   | D  |  |  |

## Explanation of Responses:

1. The options vest 100% on the earlier of 18 months from the grant date or the date immediately prior to the Issuer's 2025 annual meeting of stockholders.

## Remarks:

Sandra Thomson as attorney-infact for Thomas Sellig

01/24/2022

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

<sup>\*</sup> If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

<sup>\*\*</sup> Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).