

HOW TO STOP SMOKING FOREVER



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INTRODUCTION

Everyone smokes for one reason...it was sold to them! Our soldiers in World Wars 1 & 2 were given free cigarettes before all of the ill-effects of smoking were so well known and they came home as smokers. Through the most successful advertising campaign in history the tobacco companies targeted our parents, grandparents and those we looked up to. They smoked, and because they smoked, others smoked to "fit in", because they smoked, we smoked. Now more people die from smoking-related illnesses than they did in the Great Wars! But now you're on to them!

Don't you think that it is about time you quit smoking? Or have you already quit several times, only to take it up again? The purpose of this booklet is to assist you in quitting **forever**, without the urge to start up again. In just one week or less, after starting to quit smoking, you can be free from tobacco forever.

The methods in this book may be used alone as a method for quitting smoking, however with the aid of **hypnosis**, your chances of permanent success are greatly multiplied, as hypnosis is the most successful means of becoming a non-smoker (according to Time Magazine).

I have provided this information to get you started immediately on the journey to becoming a non-smoker, so that by the time you come in for your hypnosis you will most likely already be a non-smoker, and if not, it should only take 1 or 2 sessions to help you be free of the smoking habit forever. If you have already attended a session or two, then these tools will also greatly aid in your permanent success.

Most people take only 1 to 4 sessions of hypnosis to permanently change their reactions to smoking and also change their self-defeating beliefs about life. If you've been unsuccessful in the past, then using hypnosis may be all you need to succeed. The truth is that when you truly are ready to become a non-smoker, you just stop. And so with hypnosis we can make the whole process so much easier, so you can take back your life and be a non-smoker forever.

My aim is for you to be free, so everything I can do to help you reach your goals will ultimately make it easier for me to do my job and give you the tools to go throughout your life uninhibited by this unhealthy habit that has controlled your life for so long.

I'm excited and pleased to be a part of the process to help you transform your life to become a non-smoker, and gain the many benefits of remaining a non-smoker forever. I look forward to sharing this part of your journey with you.

WHAT DO YOU NEED TO KNOW?

If you are about to quit, do you know what to do to lessen that urge to smoke another cigarette?

Do you know the reasons that cause you to light up that cigarette?

If you are still smoking, you need to ask yourself, "Am I ready to quit the smoking habit"?

Can I do it successfully?

There are two factors that will determine your success:

1. You must have the desire to give up your habit.
2. You must have the confidence to know that you can do it.

Of course it's possible to get motivated to quit, yet you may have failed in the past for a variety of reasons.

Quitting smoking can be an uncomfortable experience, and cigarettes have given you something to do for a long time. Consequently, it is only natural to think about the ups and downs of giving them up. Most who try to quit, fail to do so and have to try several times before they succeed. Should you have any doubts about giving up smoking, put it off until you are determined to do so.

With the aid of Hypnosis I can help you not only get motivated, but also reduce the urges to smoke, pin-point and eliminate the causes for smoking, stop you from putting on weight or taking up some other self-destructive behaviour when you quit, and finally become a non-smoker forever!

THE RISKS OF SMOKING

If you smoke:

- You will be twelve times more likely to die from lung cancer.
- You will be ten times more likely to die from some form of lung disease.
- You will be ten times more likely to die from cancer of the larynx.
- You will be six times more likely to die of heart disease.
- You will be twice as likely to die of a stroke.
- You'll be more likely to influence your children or loved ones to follow in your footsteps.

Now let's just think for one short moment: wouldn't it be very important for you to increase your chances of living from two to twelve times longer, gain many extra years of happy, healthy existence, encourage your kids to be free of this self-harming habit and save thousands of dollars in increased medical costs?

Another overlooked benefit is the amount of money saved by not buying cigarettes in the first place.

Let me explain:

If you smoke one pack of cigarettes a day at \$20.00 per pack, you spend **\$7,300 per year**. If your habit has continued for a period of:

5 years, that's \$36,500

10 years, that's \$73,000

And if you smoke for 20 years you will have spent an incredible \$146,000

If you smoke two packs for that same period of time, you will spend \$292,000 over 20 years! You could own your own house instead of smoking! What else could you do with the money?

SELF CONFIDENCE

Let's talk for a moment about your self confidence. How can you help yourself to be successful?

You need to be able to answer the following questions:

What can you do to reduce the desire to smoke every time it hits you, and what will you do until the urge passes?

With the information contained in this book, I will give you the ammunition you need in this war against the tobacco companies who have conned you into poisoning yourself for so long. You will be able to resist the urge to smoke every time it hits you and you will be able to resist it until the urge passes. There is a difference between thinking about cigarettes and having an urge, and once you have hypnosis, this urge will be gone.

Next, you will need to deal with the reasons that you smoke now. What kind of satisfaction does smoking give you - physical, mental, or emotional?

Now it is time to take a brief quiz to realize why you smoke.

QUIZ - MY MOST IMPORTANT REASONS FOR SMOKING

Circle the appropriate number:

1 = Never

2 = Sometimes

3 = Frequently

4 = Always

- | | | |
|----|---|---------|
| 1. | a.) I smoke when I need a pickup. | 1 2 3 4 |
| | b.) I smoke to keep from slowing down. | 1 2 3 4 |
| 2. | a.) I smoke for the pleasure of it. | 1 2 3 4 |
| | b.) I like to light up when I am comfortable and relaxed. | 1 2 3 4 |
| 3. | a.) I smoke when I'm angry. | 1 2 3 4 |
| | b.) I smoke when I'm anxious. | 1 2 3 4 |
| | c.) I smoke when I'm tense. | 1 2 3 4 |
| | d.) I smoke when I'm depressed. | 1 2 3 4 |
| 4. | a.) I get anxious when I think I might run out of cigarettes. | 1 2 3 4 |
| | b.) I get anxious if I must go someplace where I will not be able to smoke when I really want to. | 1 2 3 4 |
| 5. | a.) I smoke a cigarette within thirty minutes of getting up in the morning. | 1 2 3 4 |
| | b.) I smoke when I'm not feeling well. | 1 2 3 4 |
| | c.) I smoke a pack or more a day. | 1 2 3 4 |
| 6. | a.) Sometimes I smoke just to keep my hands busy. | 1 2 3 4 |
| | b.) I smoke when I get bored. | 1 2 3 4 |

EVALUATION

A high ranking in one or both the questions in **group one (1)** indicates that you use cigarettes for stimulation or extra energy. You might smoke to help to stay awake or for a boost of energy to complete a task. You may use them when your body says it needs rest, but you have work to accomplish.

A high rating in **group two (2)** indicates that you use smoking to help you to relax, whether it is physical, mental, or both. You may use cigarettes during breaks at work, after you have completed a difficult job, or when you have that cup of coffee or alcoholic beverage.

A high scores in **group three (3)** indicates that you use smoking to deal with negative effects in your life. Smoking gives you a lift when you become angry, depressed, tense or anxious.

The questions in **group four (4)** reflect your psychological dependencies. You are concerned that you will run out of cigarettes before it happens and way before you have any nicotine deprivation.

Group five (5) suggests that you have a chemical dependency. If each of your answers was high in this group, it means that without an occasional smoke, you begin to experience withdrawal symptoms and occasionally feel a little uncomfortable.

Group six (6) tells us that you use smoking to have something to do with your hands when you are nervous or uncomfortable, maybe in social situations, or something to do when you are bored.

The different categories of questions in the quiz give a great variety of reasons why people with different needs smoke. Many people also find that they continue to smoke because it helps distract them from their emotions, or because they feel that they are rebelling on some level. But off course, that rebellion would be better uses rebelling against the tobacco companies who have made millions of dollars out of unsuspecting people who now find themselves self-harming and destroying their health for the pleasure of giving the tobacco companies their money. For an explanation of how we use smoking (or indeed any other negative habit) to distract ourselves from our emotions, check my website and download the "Feelings Indicator" on my Hypnosis page: www.carolmacrae.com

KNOW THE ENEMY

What makes smoking so habit forming ?

Even if you only smoke a few cigarettes a day, why do you feel so bad when you try to quit? Nicotine creates a biochemical reaction in your body that has an immediate effect on your mood, your ability to reason, and your metabolism. The more that you smoke, the higher level of chemical or psychological dependency will be reached. Light smokers can also become just as dependent on cigarettes because of nicotine's psychological impact. In this way it can affect moods and feelings in certain situations.

THE PHYSICAL EFFECTS OF NICOTINE

It is only a matter of seconds after that first puff that nicotine starts to have an effect on your central nervous system, and the rest of your body. Certain areas of the brain, when stimulated by nicotine, help you appear to think more clearly, because they affect the release of adrenaline from the body. Although some people think that they are thinking clearer, in reality their thoughts are often more scrambled and flighty. Other areas of the brain lie in a pleasure centre which, when stimulated, can make you think you feel more relaxed and less anxious. In most cases the effect of relaxation has actually been caused by the long slow breath taken while inhaling, rather than just the cigarette.

Nicotine also affects the hormones produced by the body which creates a chemical dependency to the reaction to the hormones and the accompanying psychological craving. Heavy smokers have become dependent on heightened levels of hormones, stimulated by nicotine, which can have an addictive quality. They need a cigarette at certain intervals of time. After the stimulation of the hormones starts to fall, they need another cigarette to bring them back into the comfort zone. If they do not get that cigarette, the craving begins.

It's interesting to note however that although smokers often tell me how addictive they feel the cigarettes are, that I have never had anyone come to me for hypnosis to quit the nicotine gum or patches. This leads us to believe that the psychological addiction is much more powerful than the physical addiction, and in most cases I have clients report back to me that they had no cravings whatsoever, and in some cases that they just forgot to smoke.

HOW YOU CAN BEGIN TO QUIT

Many people have found that **including physical activity** in their program to quit smoking has added a great benefit to assist in becoming a non-smoker. There are many reasons for this: When people are more active, they gain confidence and like themselves more. They have an increase in endorphins, feel more energy, and are more capable of dealing with tension in their lives. With increased activity, the smell of tobacco actually becomes offensive. Whenever you feel the need to smoke after you have decided to quit, get up and move around instead. A brief physical activity can provide you with the lift that you may have received from nicotine.

HOW TO QUIT IN SEVEN DAYS OR LESS

You are now ready to consider the following question: ***How and when do you want to quit smoking?***

There are only two ways to effectively quit smoking, immediately (cold turkey), or gradually. When you quit gradually, you use various methods to taper off before you have that last cigarette. Neither way is better than the other for all people. Pick the one that you feel fits your temperament. Either way, a nicotine patch may prove to be a real benefit in giving up, especially if you are a heavy smoker.

Try this test to see which way is better for you.

CHOOSE THE METHOD TO QUIT THAT'S RIGHT FOR YOU

Answer the questions by circling "yes", "no", or "not sure".

1. Stopping smoking is one of the most important things in the world for me right now. Y/N
2. I can handle a tough problem without a smoke. Y/N
3. I have to quit smoking and my reasons are good enough to do it now. Y/N/Not Sure

4. If I quit this minute, I know I can find a way to resist the craving to smoke, even if it is strong.
Y/N/Not Sure

If your answer to all of the above questions is yes, you may be a candidate to quit immediately. But before you do, read on to get the tools necessary to be successful. After reading the following, set a time to quit. If not right now, then tomorrow, or on the date of your hypnotherapy appointment, but do it. If you are ready to become a non-smoker, make sure you have made your appointment then get yourself mentally focussed to succeed. Carol Macrae: 0413346637.

What about the doubts you may be feeling now?

Most smokers will get a sense of doubt when they read the questions above. You probably are not confident in your ability to follow through with resisting any future craving to smoke, or finding something to substitute for the feelings that smoking has given to you.

In order to have the confidence to quit, you :

- (1) must find an alternative to handle the urge to smoke, when it hits, and
- (2) create ways to deal with the reasons that you smoked in the first place.

Together with this booklet and the added advantage of hypnotherapy we will accomplish both these tasks so that when the day comes that you had planned to quit, you will be confident to do it.

HOW TO HANDLE THE URGE

Your artillery. There are several weapons that you can use in your fight to quit, even before you come in for your first session of hypnosis.

EACH OF THESE WEAPONS WORK- THEY HAVE BEEN PROVEN

You may use one, all, or a combination of several to achieve your goal. The urge to smoke is immediate, and usually lasts for five minutes. If you can resist for that period of time, you reduce the urge.

1. Take a deep breath, hold it for a few seconds, and exhale as if you had just taken your first puff on a cigarette. Part of the feeling you get from smoking is a direct result of taking a deep breath. A deep breath allows you to take in a maximum amount of oxygen, and exhaling lets out large quantities of carbon dioxide. This results in a feeling of relaxation. Try it, you'll see.
2. Take a sip of water several times during this five minute period. It can help to diminish the need to smoke, and gives you something to do with your hands. The extra water will also help to flush the nicotine out of your body. Every time you urinate, the nicotine and poisons will be leaving your system. In four days, all the nicotine will be gone from your body. Drink more water to flush out your system more quickly.
3. Put something in your mouth that has no calories, such as a stirrer, toothpick, or another substitute for a cigarette.
4. Get busy with something, anything, to keep you busy for the next five minutes. As long as it does not lead to a craving, chew a piece of gum or a piece of hard candy. Life Savers work well.
5. Get up and move around for five minutes. It will help the urge to smoke to pass. As the nicotine leave your system, the blood sugar also drops, this can cause the urge for nicotine. For each of the first four days, eat three apples oranges or pink grapefruits per day.
6. Cut down coffee and alcohol ... that will be help you control the urges for nicotine.
7. As the nicotine is leaving your systems, so is the calcium, so for the first four days **eat calcium rich foods.**
8. Because smoking can be a nervous habit, the nicotine appears to settle the nerves, so you may feel stressed or agitated for a few days. Take a Vitamin B-Complex to reduce this stress.

OUTGROWING THE HABIT – IT JUST DOESN'T FIT ANY MORE!

With Hypnosis you will:

- Realise that smoking was just a habit, and a habit is just a thought, and you can change your mind anytime you want to.
- Become a high energy person without cigarettes.
- Relax and enjoy the pleasure of relaxation without cigarettes.
- Deal with your tensions without a cigarette.
- Be undisturbed by being around others that smoke.
- Deal with psychological dependence issues and heal other areas of your life much more

- effectively.
- Deal with chemical dependency on nicotine without gaining weight or taking up some other self-harming negative habit.
- Keep your hands busy fighting boredom.
- Stop giving your time, energy, health and money to support the tobacco company executives' lifestyles.
- Save a ton of money that would be better off being used for something YOU choose.
- Be a better parent and let go of the guilt associated around teaching your kids to smoke.
- Increase your confidence and self esteem.
- Live a healthier more balanced life, and realise what's important to you.
- Get a Life!

LET'S START TO BECOME A NON-SMOKER RIGHT NOW

There are several ways to gradually cut down. The first thing to do is set a date when you are going to quit smoking. Let's start one week from today. That will give you plenty of time to practice with the weapons in your arsenal.

The Silva Method: Put off taking that 1st cigarette in the morning for 1 hour, then only smoke on the hour (on the clock). If you miss one, you have to wait till the next hour goes by. The next day put it off for 2 hours, then only smoke on the odd or even hour (every 2 hours), and again if you forget or miss out, you have to wait till the next 2 hour allotted time. Then go 4 hours the next day, 8 the next, and pretty soon you'll find you've gone a whole day without a cigarette. If you can do that, you can try going 2 days, then 4, then before you know it, you'll be a non-smoker! This method is very successful.

The Day By Day Plan: Eight days from today, it will be the beginning of the end of your smoking habit.

Days 1 and 2

Examine your smoking behaviour for the first two days. Every time you light up, ask yourself:

1. Why am I smoking this cigarette?
2. Would this be an easy one or a difficult one to do without?
3. If I did not smoke this cigarette, what would I do instead?

Day 3

Let's get out and test your weapons today.

At least once today, use your weapons to shoot down the urge to smoke.

During the five minutes that it will take for the urge to pass, try out some of your arsenal. Try one, or all, or find a combination that works for you.

Day 4

Today is the big testing day. If you haven't already tried it, skip those one or two cigarettes that you feel may be the toughest to give up in your daily routine. Pick the ones that you rated "difficult" during your monitoring period.

Remember, this is a practice period, and you must not get upset if you are unable to give up a difficult cigarette. You must practice and experiment with your different weapons to realize how you can be more effective.

If you found skipping that cigarette very difficult or even failed in the end, review any factor that got in the way of your success. The most common causes of difficulty or failure that a potential quitter faces are:

Chemical properties of addiction

When you do not have that cigarette, you may feel anxious. If you are a heavy smoker, a nicotine patch may help to relieve your bad feelings, until you come in for hypnosis. Once you've had your hypnosis you'll probably find that those negative feelings just disappear altogether, because you'll be focussed on the benefits of seeing yourself as a non-smoker.

Social pressures

You may find yourself in a situation (card game, party, coffee break) during which you would normally have smoked. It may help to let others know of your desire to quit, and also your reasons for quitting. Enlisting the aid of a non smoker to confide in may also help. Make sure that he or she is aware of your goals so that they do not say or do anything to instil a negative impact on your desire to quit.

If you feel that you may not resist the social pressures of smoking, consider the option of giving up these social encounters for two or three weeks until the urge passes and you can be comfortable

again. With hypnosis you will find it easy to be around others who smoke, and in fact you'll even feel sorry for them.

Tension and negative emotion

A crisis occurs during your work or personal day, and one of the main reasons for you to smoke has been tension reduction. Try to deal with your negative emotions and use the tension reducing methods that we talked about earlier. Get away from the area that the tension is associated with. Take a walk, or go to another room. Using the Feelings Distracter, stop, ask yourself what those feelings are, say to yourself "this is important, and I'm going to give it my 100% attention", ask yourself what your subconscious is trying to tell you, then find a way to effectively deal with your emotions using the strategies outlined in the 'Feelings Indicator' found on my website, so you'll become more effective at dealing with problems in your life.

Days 5, 6, and 7

You are now heading down the home stretch. In the next three days, your goal is to come out of this week smoking half the cigarettes that you would normally smoke. If you started as a one pack a day smoker, cut back to ten cigarettes per day, *or less*. The fewer, the better. During days 5 and 6, set your goals toward achieving positive results on day 7 as a non-smoker. Maintain your smoking record during these three days, and continue to decrease your dependency on nicotine.

What do you do if you still have doubts? Continue listening to the self-hypnosis CDs provided at my clinic, and make another appointment with me should there be any underlying emotional reason for you to have continued.

Some people combine the patches or gum with their hypnosis during these phases, till the end of the week. If you choose to do that remember, don't smoke while using these other sources of nicotine to avoid overdosing on it. NOTE; Pregnant women should not use the gum or patch. Smokers with any form of heart disease should consult with a physician before using.

Hypnosis is the safest and most effective means for becoming a non-smoker!

SOME ADVICE FOR THE DAY THAT YOU QUIT SMOKING

If you are not completely confident that you can resist the urge to smoke after you have quit, it may be necessary to remove any visual reminders of smoking from your living and work areas. Throw away or give away those leftover cigarettes, get rid of lighters, ashtrays, matches, and anything else that could be associated with smoking. Why should you force yourself to resist the urge to smoke when it is far simpler to just remove the reminders. If you keep a pack of cigarettes in your home or office, there is a good chance that you may pick one up. Just this one may be the cigarette that hooks you again. There's no need to sabotage or punish yourself any longer. You deserve your best chance at success. Hypnosis will help with all the emotional and many of the physical symptoms you would otherwise have had to deal with.

COPING WITH THE PHYSICAL SYMPTOMS OF WITHDRAWAL

Dizziness may occur during the first one or two days. Take a quick break, it will pass.

Headaches may appear at any time during the first weeks. Try to relax. Take any usual remedy for headache, a cold cloth on the back of your neck, or relieve the stress by taking a short walk.

Tiredness may occur during the first few weeks, but if you meditate or relax during the first few weeks, it will pass.

Coughing may actually increase during the first few days, simply because the residue from the smoke has not been flushed from your system.

Tightness in the chest may occur in the first few days. Rest and take deep breaths, it will go away.

Sleeping problems may occur in the first few days. Try to stay away from drinks that have a high caffeine content, try not to exercise too strenuously in the hours prior to bedtime. A hot bath prior to retiring at night may also be helpful.

Constipation may occur in the first month after you quit. If this occurs, eat foods with a high fibre content, drink plenty of fluids, and do some light exercise.

Concentration may tend to wander during the first few weeks. Be ready for this, take a break or do something physical for a short period of time.

The following pages will give you an example form to chart your progress as you begin to give up cigarettes. They are all self explanatory and should prove to be a tremendous asset in assisting you to give up your habit. **Bring these pages with you when you attend your hypnotherapy session.**

On a daily basis, chart each cigarette that you smoke during the day. Enter the time, place, and with whom you smoked, the reason for smoking, whether it will be easy or difficult to give that one up, and the weapon that you will use to fight the urge to smoke that one.

DAY 1 - CIGARETTES SMOKED

DATE:

No.	Time	Place & With Whom	Reason for Smoking	Easy/Difficult	Weapon to Use
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DAY 2 - CIGARETTES SMOKED

DATE:

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No.	Time	Place & With Whom	Reason for Smoking	Easy/Difficult	Weapon to Use
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DAY 3 - CIGARETTES SMOKED

DATE:

No.	Time	Place & With Whom	Reason for Smoking	Easy/Difficult	Weapon to Use
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CIGARETTES ELIMINATED

No.	Time	Place & With Whom	Reason for Smoking	Easy/Difficult	Weapon to Use
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4					
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DAY 4 - CIGARETTES SMOKED

DATE:

No.	Time	Place & With Whom	Reason for Smoking	Easy/Difficult	Weapon to Use
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CIGARETTES ELIMINATED

No.	Time	Place & With Whom	Reason for Smoking	Easy/Difficult	Weapon to Use
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DAY 5 - CIGARETTES SMOKED

DATE:

No.	Time	Place & With Whom	Reason for Smoking	Easy/Difficult	Weapon to Use
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CIGARETTES ELIMINATED

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DAY 6 - CIGARETTES SMOKED

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CIGARETTES ELIMINATED

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DAY 7 - CIGARETTES SMOKED

DATE:

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CIGARETTES ELIMINATED

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Remember...there's always something better to do than smoke. It was a mistake to have ever started, but now you're through with being pushed around by the tobacco companies, through with hurting yourself. It was simply a habit, and a habit is just a thought, and a thought can be changed. You've traded away something you don't want, for something you DO want: more time, more energy, more money, more self-esteem and more *life*. And it's going to be a happier, healthier, longer life, doing what YOU want to do with it, to live your BEST life, feeling so proud of yourself as a non-smoker, knowing you can do, be or have anything in life that you want. Once you put your mind to it, so Congratulations, today is the first day of the rest of your wonderful life!

If you haven't already done so, don't forget to make your appointment for Hypnotherapy with me, to make these permanent changes a reality.

I'd also like to hear from you 1 month after you've become a non-smoker to hear about your journey, and how easy it was for you to become successful. Thanks for allowing me to become a part of that success!

I look forward to our journey together as we get rid of those self-defeating , limiting patterns and replace them with truth!

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