



The
NORTHERN COLLEGE *of*
CLINICAL HYPNOTHERAPY

SIX STEPS TO BECOMING A NON-SMOKER

A practical guide to understanding and overcoming cigarette addiction, pre-hypnotherapeutic intervention guidance and support.

STEP 1 DEAL WITH THE NICOTINE ADDICTION.



An abrupt STOP is the only way.

You'll need to switch off the nicotine receptors and let your brain's chemistry rebalance.

Inhaling the smoke from a cigarette sends nicotine molecules zooming up into the brain within seconds. The nicotine grabs hold of receptors on brain cells, releasing a wave of dopamine and other lovely neurotransmitters that bring feelings of reward, pride, pleasure and comfort.

Brain cells sprout more nicotine receptors the more you are exposed to it that's precisely why quitting smoking is so difficult.

You inhale the smoke, containing 4000 toxic chemicals, and almost immediately you feel good, you get that feel good hit.

When you stop smoking, your nicotine receptors don't get activated, so you're not getting as much dopamine as you're used to, which is what causes those feelings of withdrawal.

Scientists aren't completely sure what happens to the nicotine receptors in the brain if no more nicotine is received. In theory, what you'd expect to happen is the receptors would just die off.

But a 2002 study in the Journal of Consulting and Clinical Psychology showed after quitting smoking cold-turkey, feelings of depression and tension could remain, even 31 days after the last puff of smoke was taken.

Now, smoking addiction researchers are looking for drugs that could take nicotine's place in activating the receptors, to make quitting easier, or that cut down on the brain's number of nicotine receptors, reducing the desire to light up.

But fixing a smoker's dopamine craving alone

isn't likely to make quitting a breeze. Smoking also triggers a release of other molecules in the brain that make you feel good, including chemicals called endogenous opioids that heighten positive feelings and subdue negative ones.

The nicotine from cigarettes reaches the brain in six to ten seconds that's a fast hit and an immediate reward so it's super addictive.

Give your body three days without nicotine.

The only cure for nicotine addiction that has ever worked or will ever work is to stop taking it. Once the chemicals are out of your body, and your body has had time to adjust, then the entire physical addiction will soon be over.

However, this doesn't have any connection with the habit or emotional addictions. We are only talking about the physical addiction at this stage.

The fantastic news is that during a hypnotherapy session the connections between the brain and the body change, this changes the way you think about smoking, gives you a great deal more control and a strong new outlook.

I will also give you the tools to activate a natural hit of positive chemicals.

This powerful positive hit will be attached to saying NO to a cigarette.

Each time you say NO to a cigarette you'll get a hit of confidence, pride and reward, an extra boost for your body, a real feeling of wellbeing and very soon you'll look feel and be healthier. You'll be breathing freely and relaxing.

Complete the test below to see how addicted you are to smoking:

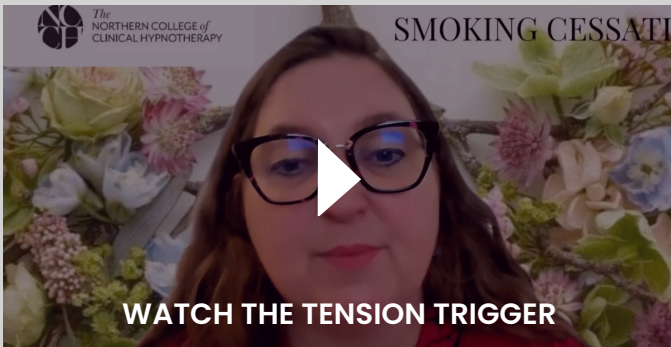
[TAKE THE TEST](#)



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STEP 2 FIND A NEW WAY TO RELAX.



Are you feeling down, nervous, anxious, or stressed out? Is your first reaction to light up a cigarette?

Maybe you're one of those hard-working, deadline-driven people who smoke cigarettes to calm down. If this sounds like you, you may be a stress smoker.

Many smokers are more likely to increase their cigarette use when they're under pressure. Certain events, such as holidays, job changes, and life transitions, can trigger certain habits, including smoking.

Your first reaction may be to reach for a pack and a lighter, but smoking can leave you feeling **MORE STRESSED!**

Many people who smoke do so because they believe it calms them down. This is because nicotine is a mood-altering drug and it seems to smother feelings of frustration, anger, and anxiety when it's inhaled.

However, while smoking may make you think you feel calmer, it increases the level of stress in your body and causes the following negative reactions:

An increase in blood pressure, an increased in heart rate, tensed muscles, constricted blood vessels and a decrease in oxygen available to the brain and body to facilitate healthy coping skills.

When you smoke, nicotine enters your bloodstream and travels to your brain, where it releases several neurotransmitters including dopamine, the primary reward chemical in the brain. The positive feelings you experience when dopamine is released are short-lived. Once the dopamine levels decrease, you'll feel worse than before you lit up.

Smoking ultimately causes more stress.

It takes a toll on your respiratory system and contributes to serious illness. These physical ailments may compound your feelings of stress.

During the hypnotherapy session I will show you some powerful techniques that will leave you feeling calm, content, peaceful and relaxed.

I may also provide you with a brain training audio to enable you to manage stress and tension in your daily life.



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STEP 3 TAKE BACK YOUR POWER.



Power is not selective.

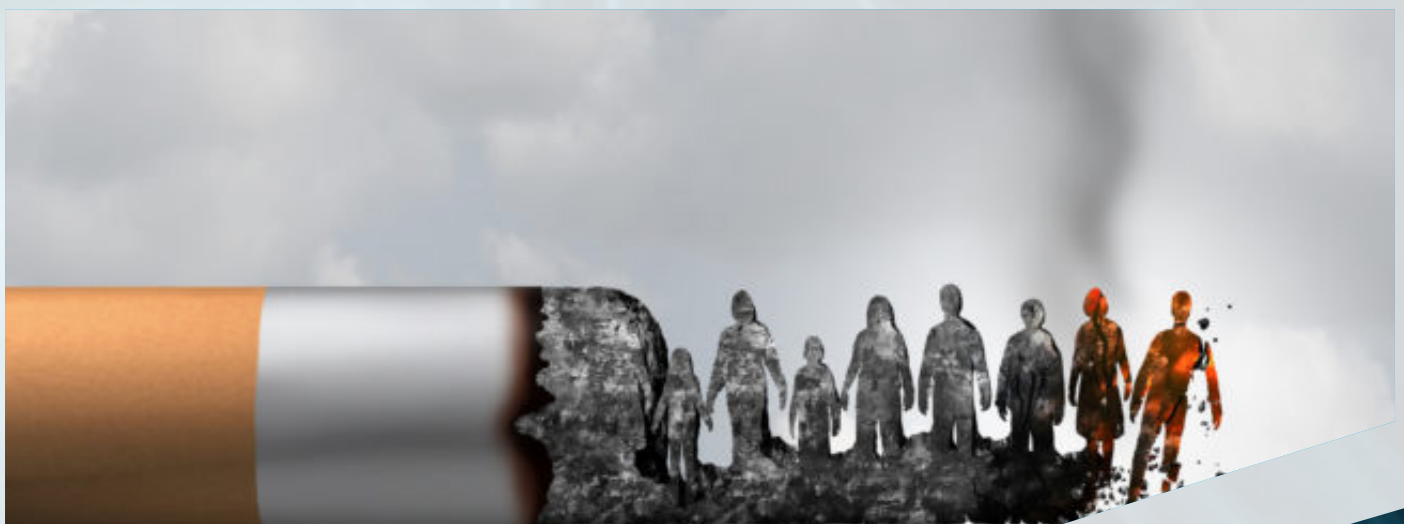
You are either powerful, or you are not!

If a warrior believes they are powerful when entering battle, they are likely to win. Odds are they will not live to fight another day should they believe they will lose. You don't feel powerless because you have none. You feel powerless because you gave it away.

It's time to take back your power.

1. Be aware of the fantasy cigarette, that's the cigarette you imagine gives you deep relaxation, peace whatever it is you imagine you get but really DON'T GET.
2. SAY NOPE. If you really don't want to do something, be strong enough to stick to your choices, even when someone offers you a cigarette. Feel the power of saying NOPE.
3. Tell people you have stopped smoking, get their support, encourage others in your family, circle of friends and get colleagues to join you.
4. Don't let others determine if you smoke or not. It's up to you to make it a smoke free day despite whatever is happening around you or who you are with.
5. Whatever is happening, it will soon pass. Walk away, get a breath of real fresh air.

In the hypnotherapy session I will help you to find that inner strength that we all have, to power you through any challenges. You'll know that you have the power to choose, and you will feel confident, strong and resilient in choosing **NOT ONE PUFF EVER**.



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STEP 4 LIFT YOUR SPIRITS BOOST YOUR ENERGY.



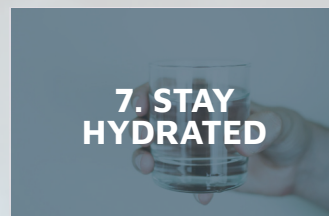
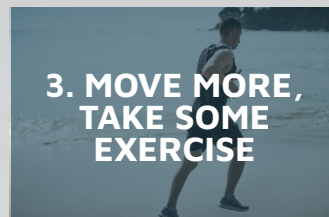
Smoking after dinner or food, Smoking when taking a break at work, Smoking and drinking.

These aren't times where your craving levels are any higher than normal, yet we still have a strong desire to smoke. We desire to smoke at these times simply because it is a habit or a ritual. For me it was smoking in my car, it became a ritual, a symbol that my shift at work was over.

Before you set your quit date, I recommend that you spend some time perhaps a week, mindfully smoking.

We all have things, actions, behaviours that we do, that seem to go in pairs, in twos, together.

For example, a cuppa and a biscuit or tea and toast. Cigarettes have cleverly dug their claws into our daily lives. Examples of this could be an early morning cigarette and a coffee, very often followed by a visit to the bathroom....



Many people feel tired and lack the energy to function at their best throughout the day. However, drinking enough water, eating healthily, getting enough sleep and exercise and being sociable can benefit your energy levels and your physical and mental health. Up your self-care increase your health and wellbeing.

If you feel tired, your mood is low, your overly stressed or anxious it's worth taking a look at your lifestyle to see which healthy changes you can make to boost your energy levels, feel calm, peaceful and great.



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STEP 5 ADDRESS THE HABIT, RID THE RITUAL.



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THE MINDFUL SMOKING CHALLENGE.

Smoking mindfully brings awareness to your habits and rituals. The next page in this PDF will guide you through the mindful smoking challenge.

- Allow yourself to become immersed in your cigarette, let it be your only point of concentration, just you and your cigarette.
- Do not be distracted, if a thought comes bring your focus back to the cigarette.
- If you are distracted by any noise or anything you are not staying mindful.
- Put your full concentration into your cigarette, enjoy it as much as you can.



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What to Do

1. Begin by taking a good look at your cigarette packet, you have become very skilful at avoiding the picture and label on the packet, read the label. for example "SMOKING KILLS", yet it has no effect because you have trained your mind just to ignore it. Begin to take notice, be aware of the picture and the message that it is trying to get across. **Become aware that this message is there for you.**
2. Take the cigarette out of the packet, hold the cigarette in the opposite hand to your normal smoking hand and become aware of all the sensations of holding the cigarette. **Notice any thoughts, feelings, sensations and make a note of them.**
3. Hold the Cigarette, feel it in your fingertips, bring it up to your nose and smell it. When you light it, be aware of the flame at the end of the cigarette; light it up with your complete and total focus. **Taking it all in and being aware of any thoughts, feelings, sensations and again make a note of them.**
4. **Take in your first breath, taste it on your lips and tongue, feel it travel down your throat and feel it deeply fill your lungs.** As you exhale, feel it travel from your lungs back up through your wind pipe and throat then taste it as you blow out the smoke. Watch the smoke carefully as you blow it out. When you remove the ash from the cigarette, feel it in your hand, **pay attention** as your hand flicks the ash into the ashtray.
5. In between each drag watch the smoke coming off the end of the cigarette, **do not be distracted**, do not drift away, you must keep your attention fully on the cigarette. Take a second puff and repeat the actions above.
6. Smoke your cigarette right down to the end, **if at any time you are distracted bring your focus back to the cigarette**, if you start thinking, bring your focus back to the cigarette, if someone or something grabs your attention bring your focus back to the cigarette. **There must be nothing else happening but you and your cigarette.**

Taste, Smell, Touch, Feel, look at your fingers. Notice everything that happens to your mind and body while having the cigarette. Be aware of the time, place, situation, and circumstances of the smoking behaviour and make notes.

The more you practice mindful smoking the more focused you will become and the readier you'll be on your quit day when you become a non-smoker.

Why do the mindful smoking challenge, why make notes?

You will see smoking for what it truly is!

Whether this action makes you love, or loath cigarettes does not matter for now, just keep applying mindful smoking at least once every day, more if you can.

If you are serious you will apply it to every cigarette you have. As you begin to see smoking for what it is, your opinions will change, you will naturally see what you are doing to yourself.

Be honest with yourself, being mindful while smoking is easily said and far more difficult to apply in practice. If you diligently apply the practice you will quickly begin to see change.

Mindful smoking really helps you to understanding your rituals and habits around smoking.

Studies show that having a clear, specific plan greatly increases your chances of success in breaking habits.

After about a week of mindful smoking, you'll be able to easily write a plan of action to break any habits or rituals.

For example: drinking tea instead of coffee in the afternoon, staying in bed longer, there won't be time to smoke or cleaning your car, so it smells lovely and clean.

Become aware of your habits and rituals and think of ways to break them down.

It takes 21 days for old habits to dissolve and to create new ones. In the meantime, powerful post hypnotic suggestions will be firmly in place to assist you to make healthier smoke free choices.



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STEP 6 THE FREEDOM STEP.

Let the future happen in the future. Once you have re-programmed all of what I call your 'everyday habits' and become a non-smoker there are still two types of habits that haven't been changed.

The first type of habit is what I call the 'Future Tendency'.

Your Future Tendency is a positive time in your future. New Year's Eve, Christmas, Weddings or Travel where you find yourself thinking that one cigarette might be ok.

The problem is that one cigarette fires up all those dormant receptors and leads to a pathway of more cigarettes.

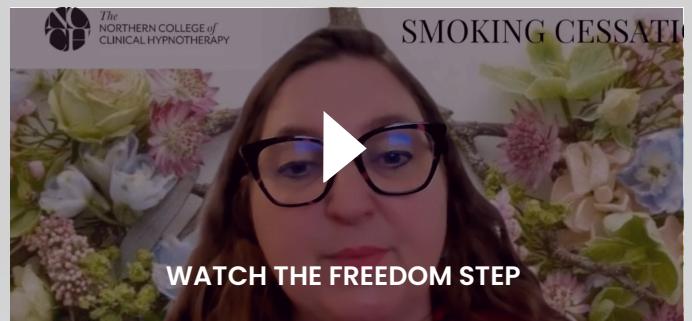
The second type of habit is what I call the 'Future Pressure' Your Future Pressure is a stress situation, perhaps poor health, a stressful relationship or just everything going wrong at once at some time in the future that causes you to want to feel better.

You probably will only have one or maybe two Tendency or Pressure moments in your future ever

again that could challenge you to smoke.

However, your job there is to last 12 hours smoke free. Once you've lasted for 12 hours, that same Tendency or Pressure habit will be broken and never cause you to smoke again.

In hypnotherapy I'll give you the awareness and the skills to manage Tendency and Pressure situations so that you can access those tools, strengthen your healthy choice responses and embrace your smoke free life.



Answer the questions on the next page to help us to help you more. Answering these questions will help me to select the best and most powerful techniques for your bespoke session.



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THE MINDFUL SMOKING ACTIVITY.

Answer the questions on the quiz to help us to help you more. Answering these questions will help me to select the best and most powerful techniques for your bespoke session.

TAKE THE MINDFULL SMOKING ACTIVITY

Before you come for your smoking hypnotherapy cessation session, please complete the quiz in full.

Complete the Fagastrom test.

Don't stop smoking.

Read the 6 steps to becoming a non-smoker guide.

Complete the mindful smoking activity, and make notes about your observations.

Email us you're your workbook and book your bespoke smoking cessation session.

Ready to become smoke free?

YES

Book your smoking cessation hypnotherapy session.



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