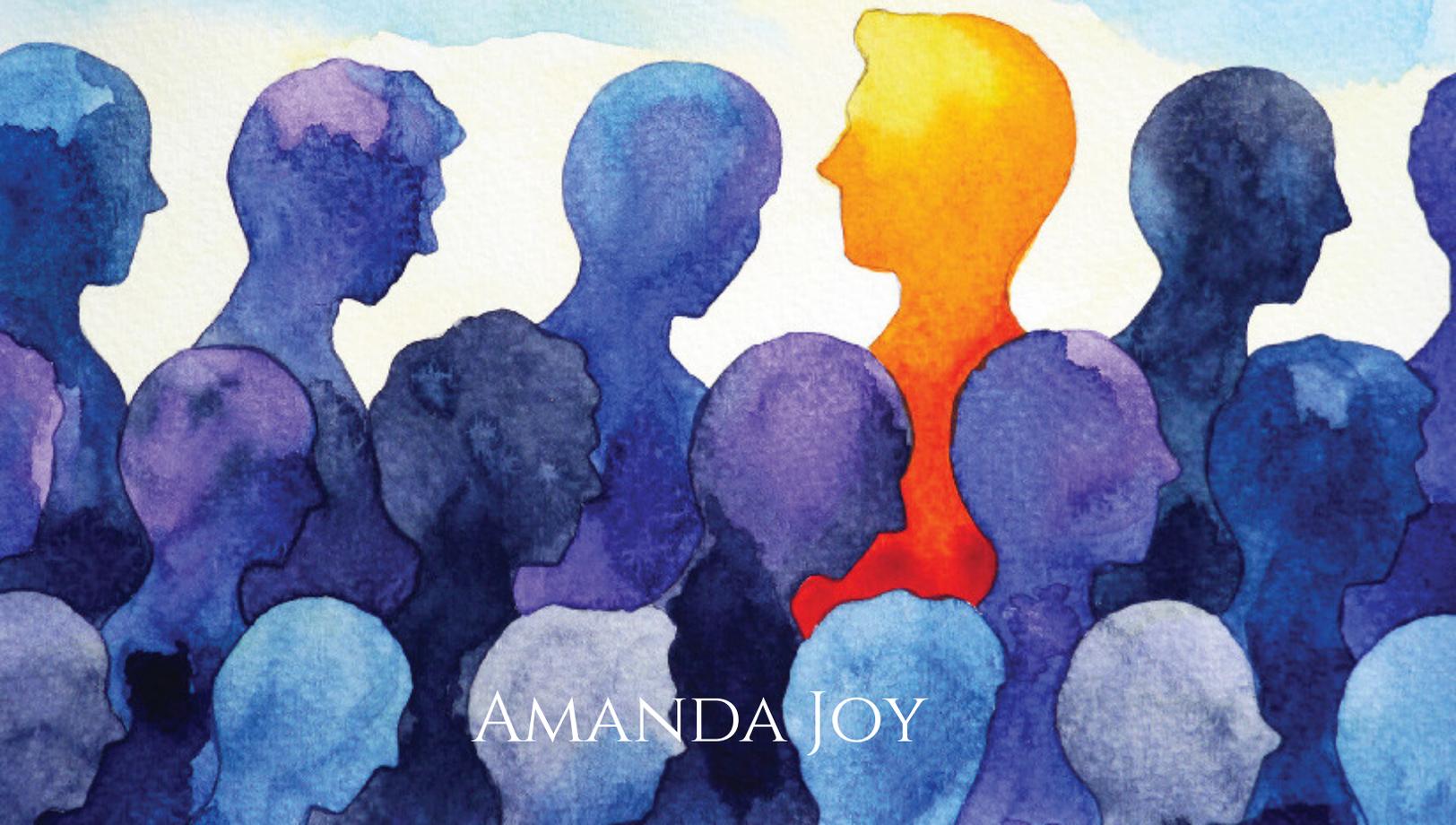


SIX STEPS TO A SMOKE-FREE LIFE

My Free Ebook



AMANDA JOY

Six Steps

Six Steps to Becoming a Non-Smoker with Amanda Joy

Step 1. Deal with The Nicotine Addiction.

An abrupt STOP is the only way. Switch off the nicotine receptors and let your brains 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 chemicals 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, and almost immediately you feel good, you get that feel good hit

When you stop smoking, those nicotine receptors don't get activated, so you're not getting as much dopamine as you're used to, which causes 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 remained, even 31 days after the last puff of smoke was taken.

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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.

During a hypnotherapy session I will give you the tools to activate a natural hit of positive chemicals. I will attach this hit 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 will be the lack of toxic chemicals going into your body a real feeling of wellbeing and very soon you'll look feel and be healthier. You'll be breathing freely and relaxing.

Do the TEST below see how addicted you are.

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FAGERSTROM TEST (Assess Your Dependence on Smoking)

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1 How soon after you wake do you have your first cigarette?	Within 5 minutes	3
	6-30 minutes	2
	31-60 minutes	1
	More than 60 minutes	0
2 Do you find it difficult to stop smoking in no smoking areas	NO	0
	YES	1
3 Which cigarette would you hate most to give up?	The first of the morning	1
	Other	0
4 How many cigarettes per day do you usually smoke?	10 or less	0
	Per day 11-20	1
	21-30	2

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**31 or 3
more**

5 Do you smoke more frequently in the first hours after waking than during the rest of the day **No 0**

YES 1

6 Do you smoke if you are so ill that you are in bed most of the day? **No 0**

YES 1

TOTAL

This set of questions will enable you to see how dependant you are on your cigarette

Please circle one number for each answer

SCORING

Less Dependant 0 1 2 3 4 5 6 7 8 9 10 More Dependant

Step 2. Address the Habit, Rid the Ritual.

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

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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....

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 feel we need to smoke at these times simply because they are a habit 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.

Smoking Mindfully brings awareness to your habits and rituals. 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.

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 "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.

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.

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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 focus.

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. Try to notice everything that happens to your mind and body while having the cigarette. Be aware of the time, Place, situation, circumstances of the smoking behaviour.

The more you practice Mindful Smoking the more focused you will become and the readier you'll be to become a non-smoker.

You will see smoking for what it truly is!

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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 connects you to understanding your rituals and habits.

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

After a week of mindful smoking, write a plan of action to break the habits, drink tea instead of coffee. Stay in bed longer so there isn't time to smoke. Clean your car so it smells lovely and clean. Be aware of your 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.

Step 3. 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.

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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:

1.an increase in blood pressure

2.an increased in heart rate

3.tensed muscles

4.constricted blood vessels

5.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.

In addition, 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.

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

Step 4. 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.

If you want to become a non-smoker choose 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.Don't give in, SAY NO. 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 NO.

3.Tell people you have stopped smoking, get their support, encourage others in your family, circle of friends, 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.

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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 to smoke.

Step 5. Lift Your Spirits Boost Your Energy.

One of the biggest challenges to becoming a non-smoker and really establishing a smoke free life is to raise your self-care.

In the past when you felt stressed, exhausted, tired, hungry, angry, frustrated... (could go on) we just smoked a cigarette.

When you stop smoking you don't have the cravings any longer, so you'll find your overall stress levels have reduced.

Non-smokers don't crave cigarettes, but everyone must deal with the ups and downs of life.

During a smoking cessation session, we'll look at your energy levels and stress levels and I will give you specific, tailor made tools to assist you.

There are lots you can put in place to feel healthier have more energy and feel calmer.

1.Sleep more

2.Meditation or relaxation

3.Move more, take some exercise

4.Limit alcohol intake

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5. Eat a nutritious diet

6. Avoid added sugar

7. Stay hydrated

8. Be social

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.

Step 6. Become a Non-Smoker

Let the future happen in the future. Once you have re-programmed all of what I call your 'every day 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.

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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.

Want to become smoke free? www.amandajoy.co.uk and book your smoking cessation hypnotherapy session. I can also be reached via email at amandajoyharrison@gmail.com or by phone on 07958578464.

QUIZ.

Smoking Cessation Quiz

Why do you want to become a non-smoker?
write 10 reasons .

Write 10 ways in which your life will improve if you become a non-smoker.

Write 5 answers for each. In what ways does smoking affect your:
Health?
Emotions and mood?
Finances?
Relationships?
Well-being?

Write 5 reasons why you continue to choose to smoke?

Write about 3 times in your life where you felt really healthy.

When did you start smoking?

What age were you, what were the circumstances?

How many years have you been a smoker?

Why did you start smoking?

Tell me about an average day, what time do you start smoking and how many do you smoke?

What are the things/ the triggers that cause you to smoke?

Are you ready to stop smoking today?

Before you come for your smoking cessation hypnotherapy please:

1. Complete this quiz in full.
2. complete the Fagastrom test.
3. Don't stop smoking
4. Read Six steps to becoming a non-smoker
5. complete the Mindful smoking activity
6. Book online at www.amandajoy.co.uk