

ADVANCED HYPNOTHERAPY and TRAINING INSTITUTE

STOP SMOKING – JERRY VALLEY-Revised By Ines Simpson BCH CI

Now I would like you to imagine or visualize smoking over the years and answer these questions. Simply nod yes or no to the questions.

- Has smoking ever been harmful or potentially harmful to your body?
- Do you really want to quit smoking?
- Check every part of your mind now to see if there's any resistance left to the idea of you being a non-smoker. Can you see any?
- Now one last thing, Do you believe that with your motivation and this program you can become a non-smoker one day at a time?
- Now, Can you be a non-smoker for just one day?

The good news is you only have to be a non-smoker for one day...for one day at a time! You needn't concern yourself with next week, or next year. Just be a non-smoker for the rest of today - go to bed as a non-smoker feeling justifiably proud of yourself, and as you awaken at the proper time each and every day you make that commitment to be a non-smoker for that day no matter what happens, where you are or who you're with. Whether you're having a great day, a bad day or something in between, you make the commitment to not smoke.

In fact, as you look at yourself in the bathroom mirror, or any mirror at all, you commit to being a non-smoker – no matter what the day brings, good or bad – “I am a non-smoker”. There are no excuses left!

YOU ARE FREE AND YOU STAY FREE!

Now on the count of three you easily erase all the elements of smoking from your mind and from your life. Just like erasing a blackboard. Imagine or visualize situations in the past where you smoked – maybe when you have a cup of tea – erase that connection – you now easily enjoy tea or coffee or any other beverage without a

cigarette. In fact, you find that your taste buds work much better and everything is more enjoyable.

Maybe in the past cigarettes were connected to an alcoholic beverage – maybe wine, beer or some hard liquor – ERASE THAT NOW!

Maybe in the past cigarettes were connected to various social situations – (*take client thru some different situations—Either ones they told you about or just get them to imagine different ones by themselves.—Erase all the connections*)

Maybe cigarettes were connected to work situations (*take client through some scenarios*) Erase all the connections.

Maybe cigarettes were connected to certain people (*do same as above*) E.g. Imagine yourself with _____ imagine them offering you a cigarette. Notice how good you feel as you say “ No thanks- I’m a non-smoker.

Compound, Compound, Compound!!

Ask client to disconnect any other connections that you may have missed.

I would like you to visualize or imagine that your standing in front of a gold door..... Make it as ornate or simple as you like.....This is your Golden Door of Freedom !!! On the other side of that door is your non-smoking world, your world of freedom. A world where smoking is no more, in fact there is no such thing as smoking.

Others may smoke but you are cigarette free and a non-smoker----making you feel extremely proud of your freedom --this is your smoke free world.

Are you ready to walk through the door? (*wait for acknowledgement*) Okay on the count of Three -- walk through the doorway of freedom and never look back!!

Now when you walk through that doorway you'll notice something else--- there's a special filter on that door and it filters all the smoking residue of your past habit off of you allowing your senses of taste and smell to greatly improve! Did you know that smoking creates a need for sweet things due to the sugar content of the cigarette and this filter takes that need and filters it away allowing you freedom of the need for sweets. Ready now---1...2...and 3 Pass through and just allow yourself to notice how much better you feel! Now turn around --you'll find a key there someplace in your imagination and LOCK that door..... then throw away the key into oblivion. Now your freefree forever. just drift there and allow yourself to feel your freedom and notice how happy that you can allow that to be!...

Now all you need to do is have the right RMA,- the right mental attitude ---and the way to do that is to act, think and feel like a healthy, happy non-smoker.

Imagine yourself getting stronger and stronger---this is your reality and even if that old outdated habit should TRY to sneak into your thoughts -those thoughts just get weaker and weaker till they have no power left. When you see other people that smoke you know it's their problem and not yours. In fact you feel slightly superior--not because you're better than them - but -because you now control your own life and destiny. An object may have controlled you in the past ---but no longer!If the thought of a cigarette should TRY to sneak in --that's okay just take a deep breath (*or whatever trigger you may have set up that uniquely serves the client*) and allow the thought to change-- to how much better you feel as you choose to stay free. The

power is in your choice and you are in control.

Complete control of your body and mind. If you like you can remind yourself that you've decided that that old outdated habit is now distasteful to you. So remember when you see other people smoke you know it's their problem and not yours! You now have a great opportunity to ...lead by example.... to provide a smoke free environment for you your loved ones and friends.

(Go into a direct drive technique --here are some sample suggestions --make sure to adjust according to your client)

- I choose to be smoke free
- I choose to free of addiction
- I am free and in control
- Nothing an no one can tempt me to smoke
- I respect and protect my body
- I choose to stay free and breathe

Wonderful--you are doing GREAT!!!

Yes ,you are indeed free and no one or nothing can take that away from you! All the suggested you have accepted, felt, imagined or visualized are locked into your subconscious mindand your conscious mind now works for you as you make that commitment to yourself to be a non-smoker. A commitment to stay free no matter what the day brings --good, bad or indifferent. You have the power to stay free . Every day you make the commitment to yourself you become stronger and stronger. Allowing yourself to breathe and be healthy. You have the power of choice and every day you make the choice of freedom and to be in control of your own life--in your smoke free world. You think and act like a free person enjoy this world of freedom!

You now allow these beneficial suggestions to become part of your make-up. You are FREE and stay FREE.

(*EXIT or continue with other script or procedure*)