

**Advanced Hypnotherapy and Training Institute**

**Smoking Intake**

- 1) Have you been hypnotised before?**
- 2) How long have you been smoking?**
- 3) How many cigarettes do you smoke a day?**
- 4) How long does it take you to smoke a cigarette?  
Approximately 5 minutes?**
- 5) How many of those do you really enjoy?**
- 6) Do you believe smoking is harmful to your health?**
- 7) Have you ever burned anything? - an article of clothing perhaps?**
- 8) Could you find something to do with the money you save by quitting?**
- 9) Does smoking affect you physically?**