Now I'm going to show you what a powerful mind you have!

Do glove anesthesia --- this will be a tool to handle cravings.

Regress person to pleasant happy time before the age of 10
Maybe to a time when they got a great present- or something ,fun, safe or comfortable.
Then get them to imagine themselves with their new present coming into the room with a cigarette hanging out of their mouth. Did you smoke then—Of Course Not!!!!!
Wouldn't that be ridiculous (make sure you get a yes answer)
Wouldn't you agree that it's ridiculous to smoke at any age? (get a yes answer)

You've said you were ready to be a non-smoker—you'll be pleased to realize that you already are a non-smoker. In reality your happy to understand that you are now anon-smoker. You realize how calm you are—how relaxed you feel at this moment in time---EVEN though you have no cigarette hanging out of your mouth—not even one in your hand or the ashtray --- yet you are calm and at ease __AND
The important thing to realize is---that this calm and relaxation 'this feeling of peace has been completely created by you and only you—No one else can make you relax just as no can make you smoke!! I've simply given you suggestions and you have relaxed yourself!
YOU ARE NOW IN CONTROL!!!!