

Stop Smoking – Pre Session Guide

Helping YOU Successfully
Stop Smoking For Good

HYPNOTHERAPY
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Important Note: This document and your appointment are not a substitute for appropriate medical advice. If you have concerns about your health you should contact your medical practitioner before the session takes place.

Welcome to your Smoke Free Future!

This guide has been produced specifically to help you achieve freedom from smoking and to get the best possible result out of your stop smoking appointment.

By diligently carrying out the tasks in this guide you will lay the foundations to become someone who used to smoke who no longer does.

IMPORTANT NOTE: READ THIS FIRST

If you do not carry out these tasks **IN FULL** as described, then you are not yet ready to become a non-smoker.

It isn't yet important enough for you to live longer, be happier and be healthier.

That's your choice and that's fine with me if it's fine with you.

If however you want to live longer, be healthier and happier and enjoy a life of freedom from cigarettes then carry on reading.

So being motivated and determined to quit for good, please make a commitment to yourself, and those who you love and who love you, to ensure you plan to succeed.

IMPORTANT NOTE 2: READ THIS NEXT

If you arrive at the session having failed to carry out any of the activities, your session will be postponed and you will lose your deposit and/or be charged a £75 penalty fee.

By booking your session and reading this note you are deemed to have agreed to pay this charge if you do not carry out ALL the activities in the lead up to your appointment.

Stop Smoking Pre-Session

Before you read on, please make sure you have read and understood 'Important Note 1' and 'Important Note 2' above.

ONE WEEK BEFORE YOUR APPOINTMENT

1. YOUR SMOKING DIARY

For one whole week before your appointment, you MUST keep a diary of EVERY cigarette you smoke.

This should include the date and time, where specifically you were, (e.g. outside the back door, in the smoking shelter at work etc.) who you were with and how many you smoked.

You should also include anything else you note. For example, it was after a meal, you were bored or stressed, you wanted a break etc.

At the end of each day summarise what you noticed – how many you smoked that day, what patterns you noticed, what were the high risk people, places, emotions or situations.

2. PAY ATTENTION TO EACH AND EVERY CIGARETTE YOU SMOKE

For one week before you stop smoking, whenever you do smoke, do nothing else but smoke.

This is linked to keeping the smoking diary because you should pay attention to what is going on instead of just doing things in the same old habitual way you've always done them.

In practice this means that when you smoke do not do anything else at the same time – no working, watching TV, reading, playing on your phone, driving etc.

Make a point of noticing everything about your habit – the action of it, how you hold the cigarette, the feel of it in your hand, the sensations on your lips and in your mouth and throat, the smell, taste, how it feels inside as you smoke and so on.

Also pay attention to your thoughts and feelings about smoking – how it feels before you smoke when you are controlled by a little white stick, how it makes you feel when you can't smoke for some

reason, and how you feel afterwards with the smell of smoke on your hair, clothes and breath.

3. LIST YOUR REASONS

During your last week as a smoker write down and record all your reasons for stopping.

Make sure you cover the negative reasons (impact on your health, cost, sick of the smell etc.) and the positive reasons (your skin will look better, you will see your family grow up, you will be healthier, you want to be in control and free etc.).

Read all of these reasons at least once a day to strengthen your commitment to quitting for good, and keep adding to the list.

Make sure that YOUR reasons are strong so they drive your commitment, motivation and determination to be smoke free.

Bring your list of reasons to the session.

4. KEEP YOUR CIGARETTE BUTTS

During your final week as a smoker, put all the cigarette butts and ashtray remains in a jar with a lid.

Put some water in there too and seal the jar after your last ever cigarette. Keep this jar somewhere handy.

THREE DAYS BEFORE YOUR APPOINTMENT

5. SMOKE WITH THE OTHER HAND

For three days before you stop smoking for good, use your other hand when you smoke.

6. CHANGE YOUR BRAND

For three days before you stop smoking, change your brand to a different one.

WHY THESE TASKS ARE CRUCIAL TO YOUR SUCCESS

Whenever we have a repetitive habit, we stop paying attention to what we are doing and what is going on and we just do it. And the more you do things in a certain way, or at a certain time, the less you pay attention to it and you go into 'auto-pilot'.

I'm pretty certain it doesn't take you much thought to reach for a cigarette, light it and smoke it. In fact, you probably are used to thinking about, or doing, something else at the same time.

It's a bit like driving - you just get in the car, start the engine and point the car in the right direction. You don't have to think about what your hands and feet are doing (which is a good thing!). Most people who drive at some time or other go into a sort of 'driving trance' where their mind is elsewhere yet they are still driving perfectly safely in the right direction.

Another example would be tying your shoelaces – when you first learnt you had to pay a lot of attention to what you were doing but now I bet you can tie your shoelaces with barely a glance at them and while you are paying attention to something else.

The same is true with your smoking habit – you probably don't think about anything much apart from how much you want that next cigarette.

By completing the diary you start to notice and become aware of the patterns of when you smoke ready to change them for the better. You want to know EXACTLY when you smoke, rather than just what you think you do.

By paying attention to every cigarette, you start to become more aware of EXACTLY what you are doing with every puff.

Really thinking about and recording all your reasons for quitting allows you to start considering the price of your habit. Whatever you may think you get from smoking, is it really worth what you give in return?

Using the other hand and changing brand start to disrupt the smoking habit by making you think a bit more about smoking and noticing a different taste. Having already disrupted that habit will make it even easier to end it for good when we meet.

ON THE DAY OF YOUR APPOINTMENT

7. YOUR ARE A NON SMOKER SO DO NOT SMOKE

From the moment you wake up on the day of the session, already start considering yourself a former smoker. This means that YOU DO NOT SMOKE on the day.

In effect smoking is now already something you used to do that you no longer do. The session will just make it even easier for you to do this for the rest of your life.

Keep one cigarette to bring with you to the session.

I suggest that before the session you get rid of any other cigarettes and ashtrays etc. that you have at work, at home, in the car, or anywhere else. After all, you won't be needing them.

WHAT TO BRING TO YOUR APPOINTMENT

Here's what you should remember to bring with you:

1. The smoking diary you have completed over the last week
2. Your list of reasons and motivations for quitting for good
3. The last cigarette you possess

REMEMBER: Do not smoke on the day of your appointment.

FINAL NOTE: Please remember to do these activities in full - they are a sign of your commitment and resolve to quit.

If you arrive at the session having failed to carry out any of the activities, your session will be postponed and you will lose your deposit and/or be charged a £75 penalty fee.

WHAT PEOPLE SAY AFTER THEIR SESSION:

Here are a few things people have said after their session. What will you be adding to this success list after you stop smoking?

“After 54 years of being a very heavy smoker, I am now a non-smoker thanks to Dan. If you think it can't be done, well yes it can.” R Atherton, Haverhill

“I would like to thank you for helping me to stop smoking. Friday will be one month, and I am pleased and very proud to say that I have not touched a single cigarette.” AL, Ely

“Well Dan, I can only thank you. Since our session I have not smoked or even had any bad cravings for a smoke.” Andy, Ely

“I smoked for over 10 years and since my session with Dan I haven't even looked at a cigarette!” John, Cambs

“I'm pleased to say I haven't had a single puff of a cigarette since prior to our session a month ago. I've gone immediately from a 40 a day habit to being nicotine free as a direct result of your hypnotherapy session.” David Wisbey, Ely

“Wanted to give you my good news, as you helped to make it happen. I clocked up two years of not smoking this month. Thank you again for your assistance in making it happen. I am amazed that after 30 years of smoking and not seeing an end to it, that you were able to show me that it can happen.” Angela, Ely

“It's been nearly three months and I'm pleased to report all good here, have not smoked since our session, thanks for your help.” Cathy, Ely

Read more at: <http://www.danreganhypnotherapy.co.uk/what-people-say/stop-smoking-feedback>