

Smoking Cessation through Hypnosis Workbook

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Better Living With Hypnosis

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In order to effectively overcome your addiction to cigarettes and tobacco, you must plan and create a brand new lifestyle for yourself. This guide will help you on your path.

Let's start with the basic planning techniques. This will help you figure out what you will need to do prior to quitting smoking.

My name is _____ and I have been smoking for _____ years.

I had my first cigarette when I was _____ years old.

I started smoking because

I want to quit smoking because

_____ will be very proud of me when I quit.

_____ will be most helpful in helping me quit.

Though I love and respect them, until I can control my cravings, I should probably stay away from

Try This!

Keeping track of when and why you smoke cigarettes can greatly increase your chances of quitting successfully.

By doing this, you will be able to figure out why you smoke.

In other words, by figuring out your triggers, you will be more likely to avoid them or learn to better manage them.

Triggers Checklist.

Below are some of the most common triggers that people experience when smoking. Check any and all that apply to you. In the future, when you feel like smoking, you will know that it is because of that particular trigger:

- △ Stress
- △ Depression
- △ Talking on phone
- △ Drinking liquor
- △ Watching TV
- △ Driving
- △ Finishing a meal
- △ Playing cards
- △ Break at work
- △ Other smokers
- △ Drinking coffee
- △ After fighting
- △ Boredom
- △ After sex
- △ Others: _____

I know what triggers my desire for a cigarette. The *places* that trigger me to smoke are

For the first couple of weeks after quitting smoking, I will avoid

I've made it a habit to smoke in certain places or while doing certain activities. I will get rid of all the cigarettes I have. Even the ones that are in my

- △ House
- △ Car
- △ Workplace
- △ Handbag/Purse/Briefcase
- △ Pocket

Because I am so serious about quitting, I will even get rid of my "just in case" cigarettes, cleverly hidden in

Finally, my surroundings have been completely cleaning of any tobacco products. I even got rid of the nasty smell that lingered.

My official quit date will be one _____

I will have my last cigarette on _____

I am confident that I can do this!

I believe in myself!

Final Thoughts and Last Good-bye about the Addiction:

*Many people out there
who have quit smoking
are perpetual quitters.*

This basically means that they tried many times before they were actually able to give the habit up for good.

It's okay to be one of these people. As long as you keep at it and not give up.

Quitting smoking is the one instance where being a quitter is a good thing

BUT...

Never assume that quitting at your attempt to quit smoking is an option.

Tell yourself that caving into your temptation and having a cigarette is not an option. Also, believe in your ability to do so.

By keeping up a positive attitude, you will be able to convince yourself that you can do this, even if there had been other times when you tried and failed.

Know what you're up against!

*Knowledge is power!
Knowing what you are going to experience when you are quitting smoking will help you better prepare yourself.*

By knowing you will be able to develop techniques on how to sustain tranquility during the harder times.

You already know that this is called “withdrawal” and below are some of the symptoms of it:

- △ *Depression*
- △ *Insomnia*
- △ *Frustration*
- △ *Irritability*
- △ *Anxiety*
- △ *Restlessness*
- △ *Trouble Focusing*
- △ *Hunger*
- △ *Weight gain*

It has been _____ days/week/months since my last cigarette and I am starting to feel the effects of withdrawal.

My symptoms include:

Despite the fact that I know that it will be really difficult, I know that I will be able to make it through.

If I find myself starting to feel **depressed**, I will

If I find myself unable to sleep, or experiencing **insomnia**, I will

If I get **frustrated, irritable, restless**, or experience **anxiety**, I will

If I have **trouble focusing**, I will



I know that it's important to be able to differentiate between a **craving** and **hunger**.

When I am **hungry**, I will eat a healthy, balanced meal, but when I get a **craving**, I will snack on:

I will try my best not to replace one addiction with another.

Therefore, when I feel like having a cigarette, I will not **drink alcohol** or **over-eat** to make up for the craving.

Another way to keep my mind off of my cravings is my exercising. Exercise doesn't have to be tedious such as expensive gym memberships or boring routines. It can be anything from running, to taking long walks, to even just getting active.

Most often, if you are quitting smoking, you may experience a certain amount of weight gain. The amount of weight you gain may vary, but it can be anywhere from 5 to 10 pounds on average. Excessive weight gain may occur, but it is a rarity.

As discussed earlier, the reason for this is the immersion of otherwise repressed hunger pains due to the lack of nicotine. It can also be due to the reinvented sense of taste and smell that makes food more delectable. In order to not gain any excess weight, it's best to rely on healthy snack alternatives to junk food, which most people would reach for.

Some healthy snacks may include:

- Carrots*
- Pickles*
- Celery*
- Sunflower seeds*
- Apples*
- Raisins*
- Sugar-free gum/candy*
- Light popcorn*

If you find yourself still craving junk food, feel free to indulge, just remember...everything in moderation!

Not only is exercise good for you but it can help get your mind active and keep it off of cigarettes.

Doctors recommend exercise and staying active for many different things.

If you feel yourself feeling more depressed than usual, exercise can help with that too. Exercising releases endorphins, which give you a "feel good" feeling, ultimately uplifting your mood.

Exercising with a buddy can be fun too. Grab a friend and go to the park. Have a picnic and play with a Frisbee, throw around a football, or relive your childhood with a friendly game of "tag."

Believe it or not, even walking can help. Try visiting the exhibit of a nearby museum. If it's big enough, you may find yourself spending the entire day just browsing through.

Keep active and it will benefit both your body and your mind.

In order to stay in shape and keep my mind off of smoking, I will

When I was a kid, my favorite activities were

After I spent the day being active, I felt

The last time I wanted a cigarette, instead of smoking, I chose to go out and get active, so I

A few of my trigger places include

The trigger places that I most often find myself in are

The next time that I find myself there and I am tempted to smoke, I am going to

I went to the _____ and there were people smoking. I wanted a cigarette really badly, but instead I chose to

Many people find that they smoke the most when they go out. Whether you are hanging out with friends, or at a formal event, it will be difficult to refrain from smoking cigarettes if you are so used to doing so.

While in the first few weeks of quitting cigarettes, it is recommended that you stay away from trigger places, it's important that in the future, you train yourself on how to not want to smoke when you are in those situations.

These trigger places could be:

*Work
Party
Club
Social Event
The movies
Restaurant*

If you feel that you will not be able to withstand the temptation, stay as far away from trigger places as possible.

Remember, though, that eventually, you will have to face them. When your will is strong enough you won't even think about cigarettes.

Many people may find themselves with a drink in their hand and something suddenly missing.

Drinking and smoking go hand in hand and many smokers often smoke more when they drink.

If possible, follow the same rule as the previous about going out. Try to refrain from drinking.

This is recommended because drinking, and more specifically getting drunk, causes you to lose some level of self control, therefore your will is not going to be as strong as it is when you are sober.

To prevent the possibility of throwing all your progress out the window, try not to drink in the time that you are going through your cravings and withdrawal. This could be anywhere from 2 weeks to one month, or even longer.

If you do decide to drink, remember...only in moderation!

When I go drinking with my friends, I will make sure to keep my cool when I am tempted to smoke by

Here are some tips on how to drink without smoking. Circle the ones that you like the most and feel confident in doing:

- *Drink with friends who do not smoke*
- *Try switching to cocktails rather than shots of hard liquor*
- *Try different drinks*
- *Sip, don't chug*
- *Know your limits and make sure you stick to them*

Today I went out with friends/family and we ended up going to one of my trigger places. I didn't smoke and I did so by

So, I've been doing really well so far, but then there was a slip up!

Below explain what happened. Include details and write specifically when it was and where you were.

What probably went wrong was

With the leftover pack of cigarettes, I will

If you find yourself at an intense craving to the point that you had given in and smoked a cigarette, it's okay, don't worry.

As mentioned earlier, it isn't uncommon to try quitting multiple times before finally achieving success.

Just make sure that you don't take this as a sign and completely quit. You may have to start over but it will not diminish all the progress that you have been doing thus far.

Stick to the plan that you have been following so far but don't consider this to be permission to continue smoking "every now and then."

If you smoke one cigarette, then you have not quit. Even if you stopped smoking a very long time ago and had one cigarette, it's still very easy to get hooked once again. Stay on the right path and it will benefit greatly in the end.

Now that you are on the right path, record how much money you would have saved. An even better idea would be to save the money in a jar. You will be surprised at how much money you will end up with in a few months.

In 2 weeks, I saved
\$ _____

In 1 month, I saved
\$ _____

In 1 1/2 months, I saved
\$ _____

In 2 months, I saved
\$ _____

In 3 months, I saved
\$ _____

In 6 months, I saved
\$ _____

In 1 year, I saved
\$ _____

It is now

and since I quit smoking

ago, I have saved a total
of

\$ _____

Now that you have made such an important commitment, it's best if you keep track of how you are progressing.

It's been **one week** since my last cigarette and I am feeling

It's been **two weeks** since my last cigarette and I am feeling

It's been **one month** since my last cigarette and I am feeling

It's been **two months** since my last cigarette and I am feeling

It's been **six months** since my last cigarette and I am feeling

It's been **an entire year** since my last cigarette and I am feeling
