

SELF HYPNOSIS FOR STOP SMOKING

1. **Get Comfortable:** Get yourself into a comfortable position. Somewhere you won't be disturbed for 10-20 minutes. Do not do this whilst driving or operating machinery.

2. **Decide Positive Affirmations:** Decide the positive statements you will affirm to yourself e.g. "I am a non-smoker. I am becoming healthier every day I don't smoke. I have strong will power and I am in control. I am a non-smoker, cigarettes are a thing of the past and now I am healthy, happy and strong."

3. Self-Hypnosis/Calm concentration

Interlock fingers. Lift index fingers so about 1-2 cm gap between them. Focus on the gap and count down from 10 with every out breath. Let your eyes defocus. As breathe out tell yourself you are relaxing more and more and your eyelids are getting heavier and heavier. Let your eyelids get heavier and heavier, imagine them relaxing as they close, until you can let them close and let your arms relax.

Focus on your breathing for a while and allow yourself to relax even more comfortably into this pleasant light trance. Allow your mind to clear and focus on relaxation. Imagine yourself walking through a forest or along a golden beach, relaxing even deeper with every step.

4. **Repeat Your Affirmation:** Confidently and strongly repeat your affirmation to yourself. Repeat it over and over. You can change parts to make it even more positive, ensuring it is exactly how you wish it to be.

5. **Visualise Success:** As you repeat your positive affirmation, see yourself living your life happily and healthily free of smoking. Watch as you go through your day feeling calm and in control as you handle whatever comes your way. See yourself at home, at work, on your own, with others and in all your everyday situations.

Notice how you have all the health, the happiness, the confidence and the success. Notice everything how you stand, moves, talk to others, talk to yourself etc. Like looking in the mirror and seeing your true reflection.

6. Exit

Count back up from 1 to 10 with every number becoming more alert and awake so at 10 you will open your eyes, smile, feeling positive, healthy and in control.