

Stop Smoking – Post Session Guide

Helping YOU Successfully
Stay a Non-Smoker For Good

HYPNOTHERAPY
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Congratulations on being a Non-Smoker!

Congratulations on becoming one of the thousands of people who used to smoke and no longer does so. Cigarettes are now a thing of the past, something you've outgrown, and now you can look forward to your healthy and happy future.

To support you in your progress as a non-smoker, I've put together these actions that will help you to quickly enjoy feeling better and better every day.

Please take the time to read this guide in full and take action to implement the steps.

IMPORTANT NOTE: READ THIS NOW

To support your smoke free success over the coming days, weeks and years, please take the time to read this guide and put in place the follow up actions that will support your ongoing success.

Stay motivated and determined – after all, you have all your reasons to be healthy, happy and strong.

Important Note: This document is not a substitute for appropriate medical advice. If you have concerns about your health you should contact your medical practitioner.

Stop Smoking Post-Session

1. THROW OUT THE OLD

If you have any cigarettes, tobacco, ashtrays from when you used to smoke, now is the time to throw them out.

They are a relic of your past that you have outgrown so get rid of them (and enjoy chucking them out).

2. MAKE CHANGES

Remember the importance of making changes to your routine and your daily habits. Instead of running on 'auto-pilot,' actively decide how you will do things from today.

Make a conscious effort to create new healthy habits that will support you in your lifestyle as a healthy, happy and strong person.

3. LISTEN TO THE AUDIOS

Make sure you plan and find the time to listen to the audios and listen to at least one of them every day for the next two weeks.

4. REVIEW YOUR LIST OF REASONS EVERY DAY

Keep your list of reasons why you want to stay a non-smoker with you wherever you go and take a look at it at least once a day to remind you how good it feels without cigarettes being a part of your life. Regularly recharge your motivation.

4. SELF HYPNOSIS

Use the self-hypnosis technique every day (and more than once a day if needed) to re-enforce your decision to be healthy, happy former smoker. Keep focussed. The details are included in Appendix One for easy reference.

Regularly remind yourself that every day without cigarettes feels good and every time you look in the mirror remind yourself that now you are healthy, happy and strong.

DEALING WITH CRAVINGS

Remember that your body hated being poisoned by nicotine. Any physical sensations you experience in the first few days are a positive sign that your body is healing itself.

Just 72 hours after your last ever cigarette, your body would test 100% free of nicotine – that's how quickly and effectively your body works to heal itself. Anything experienced after that time is an old association kicking in – so change that pattern or routine so that you know you have changed your lifestyle and behaviours.

Remember that anything you get that seems like a craving is really just stress, irritability and anxiety as you adjust so put the ideas below into practice so you quickly feel more relaxed and in control.

1. **RAPID RELAXATION:** Make sure you are regularly listening to the relaxing audio. Use it more than once a day if you need extra support to feel calm and in control.
2. **BREATHE:** Use the 7/11 pattern of breathing to physically feel calmer and back in control. All you need to do is breathe in for a count of 7 and out for a count of 11 several times. Go outside if you can and breathe in the fresh air. Do this 6-10 times at a time and repeat frequently during your day.
3. **DRINK WATER:** Not only is it good for you but it has a calming effect as well. Drink more water and drink it slowly. Avoid caffeinated drinks and alcohol.
4. **STAY STRONG:** Remind yourself of all the good reasons you have to stay strong and whatever happens, you'll be ok.

Read back your list of reasons – even read it out loud to yourself and imagine living your life the way you want to.

5. **HAVE FUN:** Phone or spend time with a loved one – whether that's a friend, family member, your children/grandchildren or your pet. Remember you are doing this for you and them so go and have some fun.
6. **GO AND DO SOMETHING:** Often those thoughts and feelings come when you have a quiet moment or nothing to do – so keep yourself busy. Anything that keeps you focussed and your hands busy is ideal. Write a list of all the things you need to get done and when you have a few moments go and get started on one of them.
7. **MOVE MORE:** Keep physically active and move more – whether you go for a walk around the block or do some other form of exercise, keeping active will help you stay healthy and you'll feel good for having done it.
8. **EAT A HEALTHY SNACK:** Make sure you aren't just hungry and misreading the signals. Eat a healthy snack such as a piece of fruit or a handful of nuts.
9. **TAKE A SHOWER:** A hot shower is a good way to relax and then brush your teeth so you feel cleaner and fresher.
10. **A JAR OF MOTIVATION:** Take out the jar of old fag ends you kept before the session. Keep it somewhere handy where you can get to it whenever you want to. If you really want to take control, open it up and take a big whiff. Breathe it in. And then decide whether you can't use one of these strategies to stay healthy, strong and on track.

FEEDBACK

As discussed I will regularly keep in touch to support you and help you stay strong.

If you have any questions please contact me by e-mail at dan@danreganhypnotherapy.co.uk

If you have any feedback I'd love to hear it so please head over to <http://www.danreganhypnotherapy.co.uk/what-people-say> and let me know.

APPENDIX ONE: SELF-HYPNOSIS FOR A SMOKE FREE LIFE

1. **Get Comfortable:** Get yourself into a comfortable position where you won't be disturbed for 5-10 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, becoming healthier every day. I have strong will power and smoking is a thing of the past. I am now healthy, happy and strong."

3. **Self-Hypnosis/Calm concentration:** Interlock fingers. Lift index fingers so that there is 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 you 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 about how you stand, move, 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 5 with every number becoming more alert and awake so at 10 you will open your eyes, smile, feeling positive, healthy and in control.