

Stop Smoking Now

My Stop Smoking soundtrack is made up of 2 tracks which you can listen to in your own home. The first track, "Stop Smoking" can be listened to when you have 45 minutes spare and the "Follow Up" track when you have 25 minutes to help you to boost your resolve and support you to continue your non smoking journey. Both tracks should only be listened when you will not be disturbed and obviously not when you are driving, operating machinery or at any time when you need to be alert and attentive

The Way Forward

WHEN you was a smoker, **EVERY** time you were stressed, you lit a cigarette, the most important thing to do now is to find a way of getting through these stressful moments. Replacing these moments with food, drink or drugs will **not** help your non-smoking journey and will just replace one bad habit with another bad habit.

The New You ADDICTION

THIS is the start of your journey and for the first week or two, your body may tense up and your stomach clench when you would normally smoke a cigarette. **THIS WILL PASS**

JUST take relaxing breaths and know that the feeling will soon pass. The clenches will get less frequent and will soon disappear. You will be able to start to control your habit. You will consciously **CHOOSE** not to smoke.

EVERY time you choose **NOT** to smoke, you will prove to yourself that you can stop smoking. As you choose to fight the addiction, you truly become a non-smoker. Smoking is an addiction and every addiction can be broken.

The New You HABIT

YOUR habit is your choice. Once you are handling the Addiction, you will realise that the Habit of smoking is a choice – every time you lit a cigarette, it was your choice – which proves that it was always you who controlled the choice – so choose not to.

DO NOT replace your smoking Habit with an alternative Habit, such as a cup of coffee or a sweet every time you want a cigarette as this will only serve to maintain the Habit and you could end up becoming addicted to caffeine or gaining an unhealthy amount of weight.

DO replace the cravings with a variety of actions and do include some healthy exercises.

Your Journey

If you believe you are a non smoker – then you are a non smoker

AVOID places (and people) where you are encouraged to smoke but do be aware, and understand, that others still smoke. Try not to become someone who openly shows their hatred of smokers.

FIND a distraction to use for stress. You could choose to keep fit, walk more, swim or join a Gym, in fact anything that can make you healthier will help your body to be reborn. You could even start a cooking hobby where you use healthy food to match your new, healthy lifestyle

Your Future

In future, if you crave a cigarette - choose not to.

THE craving **WILL** disappear within a few minutes. For the first few weeks, avoid places and times when you most enjoyed smoking. If you do end up in a situation where you feel you must smoke, relax and think of the positive reasons why you aren't smoking and relish that experience instead. Enjoy your new non-smoking self.

FOR RELAXATION:

- **Take** in a long deep breath to the count of 5 and hold for 5. Breathe it out to the count of 10.
- **Close** your eyes and imagine you are in your special place.
- **Do** 10 push ups or 10 star jumps
- **Laugh, Sing or Dance** for 30 seconds

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