



Smoking is becoming more and more socially unacceptable, smoking causes all kinds of problems and diseases. Hypnosis is the most effective stop smoking treatment according to the worlds largest ever scientific survey which combined the data from 600 studies covering almost 72,000 people from America, Scandinavia and elsewhere in Europe. I haven't written this short ebook to give you give you a lecture on why you should stop, I have written it to give you some quick and actionable steps to becoming a non-smoker. I am an experienced and highly rated hypnotherapist and I have put these tips together based on years of experience.

Don't be put off if you fail the first time round, it doesn't mean you have an addictive personality or that you will never be able to. Many people try to stop several times before they eventually succeed at it the reason so many people fail to stop smoking the first time could be because of the many myths about smoking addiction. I am going to dispel some myths about stopping smoking below. If you are going to successfully become a non-smoker you need to get these myths out of your head.

Myth Number One – Nicotine is Addictive

Have you ever heard of anyone becoming addicted to nicotine patches? I have never heard of anyone becoming addicted to nicotine patches but I have heard of people still smoking whilst they wear a patch, people still smoke on patches despite the fact that they are usually getting a much higher dose of nicotine directly into their bloodstream. [Isreali research](#) has shown that smoking is a habit, not an addiction, smokers associate certain times of the day and certain triggers such as coffee or alcohol with smoking, smoking is a conditioned response like [Pavlov's dog](#).

Myth Number Two – Stopping Smoking Causes Weight Gain

Stopping smoking doesn't have to cause weight gain. Nicotine dose help to suppress appetite and it can make burn calories faster but stopping smoking doesn't have to make you gain weight.

Cigarettes contain sugar, the tobacco naturally contains sugar but many tobacco companies actually add more sugar, added sugar not only makes the cigarettes more toxic it also causes blood sugar to increase when someone stops smoking they may find themselves wanting to eat junk food to make up for the lack of blood sugar spikes they are no longer getting from cigarettes. If you stop smoking and stick to or start eating a healthier diet it's not likely that you will gain weight.

Myth Number Three – Smoking Reduces Stress

Cigarettes contain 7000 chemicals, 69 of which are known to cause cancer and many more of them are toxic in some way. When you smoke a cigarette your body perceives it is under attack and releases all kinds of stress hormones and these actually elevate stress levels. The only stress-busting part of the smoking habit is having a break and focusing on the breath, instead of having a smoking break try having a breathing break. Box breathing is a very effective way to relieve stress and reduce anxiety, I describe box breathing and another breathing exercise in [this video](#).

Having a cigarette also causes the release of dopamine which is a reward chemical, the more dopamine you get the more you need this means that having a cigarette actually makes cigarettes more addictive. Find a healthier habit or learn a new skill to get your dopamine fix in a healthier, more productive way. Finding a healthier habit can also help you with myth number two, especially if it takes you to a new environment because you will be away from the triggers and the environments that you associate with smoking.

Empty The Ashtrays and Throw Away All Smoking Paraphernalia

Choose a day to stop and the night before put any remaining fags, ashtrays lighters, matches, anything you associate with smoking in the bin and then empty it. Don't leave anything you associate with smoking around the house.

What's Your Reason?

If you are going to be successful at stopping smoking you need to get 100% clear on why you are doing it, you need to know exactly what you are going to gain by not smoking anymore. The first thing to realise is that these need to be your reasons if you want to stop for your kids or your girlfriend, boyfriend, wife, pet cat, whoever it's just not going to work you might even start to resent the person you are trying to stop for. **YOU NEED TO WANT TO STOP FOR YOU!!!**

Get a pen and a piece of paper and write down all the reasons you want to stop smoking, and then go through the reasons and find the three reasons that are most important to you, once you have those reasons write them on post-it notes and stick them where you will see them that could be on your fridge or bedroom door, it could be all over your house and car, the more places you stick those post-it notes the better!

What Will You Have As A Non-Smoker?

What will you be doing differently as a non-smoker? What will you gain by stopping smoking? How much more money will you have? How much do you spend a month, a week, a year on cigarettes? Write it all down, work out what you will save and what you will buy with the extra money?

Watch Your Language

Yoda says, “either do or do not, there is no try” or something like that. If you try to do something you are presupposing failure if a friend asks you to do something for them and you don't want to be blunt or offend them by just saying no what do you say? You say I'll try and then when you don't what they asked you have a get-out clause right? You say, “I am sorry but I tried”. So if you are trying to give up smoking you are doomed to fail. Try implies failure give up suggests you have something to lose, quit is another bad word, it has a go at something and then gives up halfway through what do we say? We say they are a quitter right? If you are trying to quit or trying to give up you are setting yourself up for failure.

Become A Non-Smoker

Say, I am a non-smoker. A non-smoker is someone who doesn't smoke, not someone who used to smoke, not someone who is trying to be an ex-smoker, if you become a non-smoker you will be firmly on the road to success.

Identify Your Triggers

As mentioned above smoking is a habitual addiction with triggers and associations, what are the times of day when you smoke, do you smoke with coffee, after meals? When do you smoke the most? Identify when you smoke the most and change your behaviour around that time so you break up that pattern. If your old pattern was to get up, eat breakfast, drink a coffee and have a cigarette then shower and brush your teeth change it around so you shower and brush your teeth as soon as you get out of bed. Many people find alcohol to be a major trigger so you may want to avoid it completely for a month or two.

Get a hobby, take up a new hobby, something that you have never done before and don't associate with smoking, many people do something to occupy their hands like knitting.

I hope you like these tips and found them useful, you can also find my stop [smoking hypnosis recording](#) on my YouTube channel, I would recommend you listen to it a few times before your stop day.

I have a stop smoking with hypnosis and EFT course on Udemy and for a limited time, you can access it for a very [special price via this link](#).

If you wish to book a one to one therapy session with me please book a free consultation time via my calendar or message me via my Facebook page, <https://www.facebook.com/professionalmindchangerhypnotherapy/>

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