

Stop Smoking - Plan

The Decision

Are you ready to gain freedom from smoking, 100%, now and for life?

If so, you can signal this to your subconscious mind by sign this declaration.

I, _____,

starting on the date of ____ / ____ / 202__ *(the first personal session)*

commit to myself to be free of all forms of smoke inhalation.

I make this declaration, and investment of my time and money in myself, to gain the benefits that come with this new improved phase of my life.

Signed

Ex-Smoker

Witnessed

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Hypnotherapist & Ex-Smoker

Your Plan

I will stop smoking by a) Immediate Stopping or b) Gradual Stopping.

Nothing to Lose, Everything to Gain - List Three...

Negatives you'll avoid; e.g. health danger, social stigma, expense, annoyance.

1.

2.

3.

Positives you'll receive; e.g. fitness, energy, confidence, satisfaction, esteem.

1.

2.

3.

Tactics

1) Timing; Start this program when Stopping Smoking For Life can be your number one priority for the next 21 days.

Preferably with no major stressful or disruptive activities coming up.

Commit to coming to three sessions every seven days.

But if it seems like there is never a good time, then the time is now.

2) Logistics;

a) Throw out all your smoking accessories such as ashtrays and lighters.

Even if you are doing the Gradual Stopping program, buy matches to replace your lighters. Buy a new but cheap and nasty ashtray.

b) Clean; all smoke smell affected areas.

- i) Dry clean all clothes affected by smoking smell.
- ii) Cleaning all car and household areas, including rugs and curtains.
- iii) Go to the dentist for a teeth clean, and consider a form of whitening.

c) Calculate; how much money you will save in the coming decades in;

- i) Smoking items not purchased. At the very least match this with...
- ii) Medical bills not required.
- iii) Gains from productivity, self-esteem, and new opportunities.

d) Buy;

- i) A small water bottle and a small juice, to sip, as nice as you can get.

e) New Activities; Optional.

- i) Is there an exercise routine you can add, now that you'll have more time? Can you do a morning walk, a yoga or pranayama breathing session?
- ii) Is there a new activity you can learn, like a craft where you use your hands?
- iii) Is there a project you've wanted to do that can give your mind new focus?

3a) Audio Program - Strategy; Listen to this recording on the day before our first hypnotherapy session. They then re-listen two more times, the day before each of the other two hypnotherapy sessions.

3a) Audio Program - Hypnosis; is an audio program the client can listen to 3-7 day per week, starting after the first personal hypnotherapy session.

4) Hypnotherapy Three Session Program; Attend your three personal sessions, every seven days, for three weeks.

Immediate Stopping or Gradual Stopping

You have a choice.

You can stop smoking immediately, on the day of the first hypnosis session.

You can stop smoking gradually, by following the gradual stopping schedule.

Immediate Stopping; may be for you if...

You were smoking less than twenty cigarettes a day.

You're used to having breaks and binges.

You've stopped smoking before, and were successful in not having any cigarettes for at least few months...

You really want to stop via Immediate Stopping!

If you are passionate about never smoking a cigarette again from this moment onwards, choose your 100% stop date and follow your passion.

If this is your choice, be patient with yourself. One lapse does not cancel the rest of your success. If it occurs, it's simply your method of more rapid stopping instead of stopping. Your decision to stop smoking still stands. You won't let a little relapse change your passion for achieving your goal of freedom from smoke inhalation for the rest of your life.

Gradual Stopping; may be for you if...

You were smoking more than twenty cigarettes a day.

You've smoked consistently for decades.

You've never really stopped smoking before

You really want to stop via Gradual Stopping!

You learned to smoke gradually, and you can unlearn gradually.

When you started smoking, your body probably rejected the smoke and you experienced head-spins or felt nauseous. Now you will unlearn how to smoke. You will again experience your body rejecting the smoke.

You'll notice a tendency you had to inhale smoke from a number of the cigarettes in a day that you actually didn't really need or want. You'll notice that you had been responded to a very weak habitual trigger to smoke mainly for the sake of it. You can take control and override those triggers.

Gradual stopping means you will follow a schedule and *have* to smoke, in a specific way, detailed in the next sections.

Gradual Stopping Plan

Gradual Stopping; helps you unlearn the smoking habit, reduces or eliminate withdrawal symptoms, and reprograms your subconscious mind with negative impressions about smoking.

Calculate how many cigarettes you'll need to follow the program. If you were smoking 20 cigarettes a day you'll need 50 cigarettes for the first five days, 25 for the next five days and 12 for the last four – 87 cigarettes in total.

	<i>E.g.</i>	<i>You</i>
Days Average number of cigarettes you <i>were</i> smoking per day	20	_____
1-5 For The First Five Days		
Amount; Smoke 1/2 the average number of cigarettes.	10	_____
Variation; Change to a lighter, least favored brand.		
6-10 For The Next Five Days		
Amount; Smoke 1/4 of the number of cigarettes per day.	5	_____
Variation; Smoke 1/2 cigarette of the unfavored brand.		
11-14 For The Next Four Days		
Amount; Smoke three cigarettes a day.	3	_____
Variation; Smoke a full cigarette with no filter.		
15-21 For the next seven days, and for life, you are smoke free		0

Buy that exact number according to the amount of cigarettes you were smoking. This is the last time you'll buy cigarettes. Put the amount of cigarettes you have to smoke in a cigarette pack in the morning so you can't smoke any more - or any less - than you *have* to.

You'll be smoking out of a desire to follow the program, not out of a desire to smoke. Even if you feel disgusted or bored of smoking, follow the program exactly.

Gradual Stopping Schedule

Write when and why you are smoking now, and how you will follow your gradual stopping program each day. It's best to space cigarettes out evenly...

You'll know which cigarettes in a day are the easiest to become free from. As you choose to smoke only half the normal amount of cigarettes in the first five days you'll notice your ability not to respond to smoking triggers will grow.

Time	Trigger	EG	Now	Half	Quarter	Last 3
0730		1				
0800						
0830		2				
0900						
0930		3				
1000						
1030		4				
1100						
1130		5				
1200						
1230		6				
1300		7				
1330						
1400		8				
1430						
1500		9				
1530		10				
1600						
1630		11				
1700						
1730		12				
1800		13				
1830						
1900		14				
1930		15				
2000		16				
2030		17				
2100		18				
2130		19				
2200						
2230		20				
2300						

The Bad News – The Awful Truth; What Your Cigarettes Contained

Cigarettes may seem like a familiar friend, but they're not. In 1994 the US Government finally demanded a list of additives from the five major cigarette companies.

The list they received admitted to almost 600 additives that create 4,000 chemical compounds in a burning cigarette. These include 43 known carcinogens, cancer causing agents, in both inhaled and passive smoke.

Ammonia - also used in explosives, fertilizers, paint & and toilet disinfectant.

Benzene - a toxic and irritant flammable liquid needed to combust the cigarette.

Carbon Monoxide – an asphyxiating gas that reduces tissue oxygenation. It comes out the back of a car; in a closed garage is a means of suicide.

Formaldehyde – a carcinogenic preservative to bind and extend the life of a cigarette – but shorten yours. Also used to embalm dead bodies.

Hydrocyanic Acid – a violent form of cyanide. A common poison related to used to kill rats and people in extermination chambers. Smoking itself also causes increased stomach acid secretion, leading to heartburn and ulcers.

Tars – Used to produce and observe cancer in lab rats. You can see in as the stains on your teeth and fingernails – and on your lung tissue.

All to get Nicotine – the core ingredient of one other product – insecticide. One shot glass of liquid nicotine can kill a horse, in smaller doses it kills millions of smokers each year, and non-smokers.

The second-hand smoke your friends, colleagues or children are exposed contains the same chemicals, but in higher concentrations. Cigarettes may seem like a familiar friend, but familiarity breeds contempt – for you.



Good News – Your Body has a Remarkable Ability to Heal Itself

After 20 Minutes; Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.

After 8 Hours; The carbon monoxide level in your blood drops to normal. The oxygen level in your blood returns to normal.

After 48 Hours; Nerve endings start to re-grow. Smell and taste is enhanced.

After 1 Month; Circulation improves and your lungs perform up to 30% better.

After 1 to 9 Months; Coughing, sinus congestion, fatigue, and shortness of breath decrease. Cilia (tiny structures that move mucus out of the lungs) regain normal function, increasing the ability to clean the lungs, and reduce infection.

After 1 Year; The excess risk of coronary heart disease is half that of a smoker's.

After 10 Years; The lung cancer death rate is 50 % lower than it is for continuing smokers. The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas also decreases. stroke risk is that of a nonsmoker.

15 Years; The risk of coronary heart disease is that of a nonsmoker's. The risk of death returns to nearly the level of people who have never smoked.

All These Benefits Are Lost..... If You Smoke One Cigarette A Day

