

Stop Smoking With Hypnosis



"It's time to let that unhealthy habit go!"

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Stop Smoking Contract

I _____ wanting to be of sound mind and body, do hereby choose to become a non-smoker for life. I will do my best to follow all recommendations given to me. In particular, I realize I cannot cheat and have "just one" since it probably won't stop there. I understand that the benefits of not smoking include, but are not limited to:

Time after last cigarette:

20 minutes: Blood pressure and heart rate normalize.

8 hours: Nicotine and carbon monoxide levels in blood reduce by half, oxygen levels return to normal.

24 hours: Carbon monoxide eliminated from the body, lungs start to clear out mucus and other debris.

48 hours: No nicotine left in the body. Ability to taste and smell greatly improved.

72 hours: Breathing easier. Bronchial tubes start to relax and energy levels increase.

2 to 12 weeks: Circulation improves.

3 to 9 months: Coughs, wheezing and breathing problems improve as lung function is increased by up to 10%.

1 year: pack a day smoker has saved around \$3,000.

5 years: Risk of heart attack falls to about half that of a smoker.

10 years: Risk of lung cancer falls to half that of a smoker; risk of heart attack falls to the same as someone who has never smoked.

Signature:

Date

Self-Hypnosis Instructions

For the next 21 nights.

Lie comfortably with your head propped up slightly and your hands on your stomach. Roll your eyes up to look at your eyebrows.

Take 3 very deep breaths. When you breathe in push your stomach out, when you breathe out, draw your stomach muscles in. On the 3rd breath, while exhaling, very slowly close your eyes and relax completely.

“This is your signal to go into self-hypnosis”

Your self-hypnosis suggestion is:

“I am a healthy non smoker for life”

(Breathe in deeply, exhale slowly, as you exhale say your suggestion with each count)

Slowly and silently say the hypnotic suggestion that has been given to you 10 times while counting with your fingers. Each time that you say that complete hypnotic suggestion press down gently with one finger on your stomach. (DO THIS TEN TIMES, 10 FINGERS). Start with the pinkie of your dominant hand and work toward the thumb. Then repeat the process with other hand, beginning with the small finger as well. When finished take 3 deep breaths again and on the third breath, allow yourself to go into a very relaxing sleep. Commit to doing this for 21 consecutive nights.

Extra- during the day you can drum your fingers on your lap, the steering wheel, your desk, etc. and provide additional reinforcement for the key suggestion.

Top Suggestions for Staying Quit!

Exercise within the safe limits of your current condition. *This will relieve your stress in a healthy way and will help your system adjust to the extra oxygen in your bloodstream.*

Drink plenty of water. *Proper hydration helps you to release the stored toxins from the smoking habit, provides a healthy hand/mouth habit and makes it easier for you to avoid unwanted weight gain.*

Take 3 Belly Button Breaths every hour or so- *imagine your stomach is a balloon, give it a pleasing color if you like. As you breathe in, pretend as if the air was coming in through your belly button, inflating the balloon. As you exhale, imagine the air exiting through the belly button. The stomach expands on the in breath, retracts as you exhale, the shoulders and chest remain relatively still Repeat 3 cycles as many times a day as you like and especially when you experience stress, tension or discomfort.*

Keep cold fresh fruit on hand- *many fear weight gain upon letting go of the cigarette habit. Keep in mind that commercially prepared cigs are 5% added sugar or more.-essentially smokers "freebase" sugar! Many now believe that smoking is both a habit of nicotine as well as sugar consumption. Snacking on cool, fresh, fiber and vitamin rich fruits that you enjoy can help with this.*

Alter cues if possible. *If you always smoked after a meal, go for a short walk instead. Throw out or give away your ashtrays. Changing behaviors and environments associated with the smoking habit will make it easier for you to stay quit.*

Set the money aside and do something fun with it. *Now that you will not be handing over your hard earned cash every day for a pack of cigarettes, take that money each morning and place it in an envelope. At the end of the first month, take that money and treat yourself to something as a tangible reward for your first month as a non-smoker. You can continue this practice afterwards or perhaps use this extra money to invest, lower debt, etc.*

Don't light that first one and you will do fine. *The people that manufacture cigarettes have created a product that only a tiny fraction of the population (a.k.a.- social smokers) can use moderately. You aren't one of those people. Put your focus on the benefits of a being a non-smoker and stay true to your commitment to a longer, healthier and a happier life.*

CHEMICALS IN CIGARETTES

Please read about the chemicals that were in the cigarettes you used to smoke. This is a partial listing of the 523 toxic substances known to be in tobacco.

CARBON MONOXIDE: Poisonous fumes found in auto exhaust.

FORMALDAHYDE: Embalming fluid.

TAR: Used to produce cancerous tumors in laboratory animals.

AMMONIA: Poisonous gas and powerful cleaning fluid, component of urine.

NICOTINE: At one time it was used to euthanize animals. A single pure drop can kill a horse (or a human).

CYANIDE: Deadly ingredient in rat poison.

ARSENIC: A potent ant poison.

METHANOL: "Wood-alcohol" which would blind you if you drank it. Used as a fuel for jet and rocket engines.

CADMIUM: Chemical found in car batteries.

BUTANE: Flammable liquid found in lighter fluid.

TOULENE: Carcinogenic industrial solvent.

ACETONE: Solvent used to remove nail polish.

BENZENE: Toxic industrial chemical.

HYDROCYANIC ACID: A gas used in execution chambers.

NITRIC ACID: Dissolves gold into a liquid.

POLONIUM 210: A highly radioactive element.