

# SMOKING HYPNOTHERAPY

# INDUCTION

I want you to close your eyes now and take a slow deep breath in through your nose ...and slowly exhale through your mouth. Take another slow deep breath in...and slowly exhale, I want you to continue this breathing technique as you listen to my voice and the words I speak. Allow every breath you breath, every word I say and every moment that passes to relax you even more. You find the deeper you go, the better you feel and the better you feel, the deeper you go. I want you to imagine that you're in the back yard of a lake house. You're standing in the middle of the yard, surrounded by soft green grass, with a small beach only a few yards in front of you. You notice the sun is just above the horizon and will be setting soon. With these last moments of warmth from the sun, you take a deep breath in, inhaling the fresh, natural air and slowly exhale allowing your body to relax. The chirping bird in the distance helps put you at ease as you get ready to watch the sun dip below the horizon and the stars reveal themselves. You can choose to stand there or sit or lay there or on the sand, whatever makes you most comfortable. As you situate yourself, really tune into your senses. What can you see? What can you hear? What can you smell? What can you feel? These details create you a more vivid reality. This reality further relaxes you, as this moment in time is just for you. There is nothing requiring your attention and no one that needs attending to. Allow this moment in time to become your bliss. This is a place where you can allow yourself to let go without any worry. Your thoughts naturally float around as you see the stars in the sky become more vibrant. The countless numbers of stars are a beautiful sight. It is rare to see perfectly clear night skies like these where the stars are this vivid. This sight, this moment, enables you to feel at peace. It gives you a sense of belonging, knowing you are not alone in this world or universe. You allow stress to disappear as there is no need for it here. All mental and physical stress simply fades as you begin letting go and enjoying this moment in time. You allow any fear you may have to disappear. You are safe, right here and right now. There is no reason to fear as there is nothing to fear. This serene moment belongs to you, to help you relax, unwind and collect yourself. As that sinks in, you start feeling more comfortable. This comfort makes it so much easier to let go and enjoy this moment. These moments let your mind, body and spirit recharge. As your mind, body and spirit

start to recharge, you see the moon begin to appear. You gaze at the moon for a while, admiring its beautiful glow and how it lights the night sky. As you admire your surroundings, you close your eyes and rest for a moment knowing everything is ok. You are in a safe place where you can peacefully allow yourself to mentally float, drift and glide. You have nothing to worry about, nothing to think about, you simply enjoy the view before you as it puts you at ease. You begin to look more carefully at the moon and its details. You see the mini and large craters that make up the surface and wonder just how big and deep they are. You imagine what it would be like to be on the moon, experience zero gravity and simply explore as if you are on a vacation. You try to imagine how far away all the stars are. You find it interesting that you can see the light from so many stars that are millions of miles away. It is fascinating being able to relax and admire what nature has to show you. It is calm moments like these that allow you to take a step back and take a reasonable look at life and everything it has offered and could offer. You realize there is so much to life and you have the ability in these moments to relax as well as decide what it is you want most out of your personal life. Just as there are a countless number of stars in the sky, you have countless opportunities you can choose from in life. Just as the moon guides you in the night, those around you can help guide you in your life. Thinking about these things as you continue to admire the sky, you slowly drift, comfortably letting go and opening yourself up for newer, better possibilities. These possibilities have the ability to positively change your life forever allowing you to start living your desired lifestyle in the very near future.

# DEEPENER

As you continue to relax, I will count down from 10. With every number I count, you can allow yourself to relax further. Starting with 10, simply allowing any tension within the forehead to disappear. Relaxing the space between your eyebrows now. Letting your eyelids simply lay on the balls of your eyes. You do not need to squeeze them shut. Simply let them relax over your eyes. Relaxing the tension within your jaw. Allowing your teeth to separate and mouth to relax. 9, as you let your head relax, you can allow your shoulders to relax and fall back. Allowing your upper and lower arms to relax. Your hands, fingers, finger tips completely relaxed. Letting yourself drift even deeper than before as you let go. 8, Allowing your upper body to become completely loose and limp. Feeling your body comfortably sink into its space. Becoming more peaceful as you physically feel every muscle, tendon, fiber and cell in your body relax now. The more you give into this good feeling the deeper and more comfortable you will become. 7, feeling your hips, thighs and butt relax as you drift even deeper now. Feeling completely tension free from your thighs to your head. 6, enabling your upper legs to relax. This causes your lower legs and calves to relax. The more you let go and allow your mind to wander, the quicker, the deeper you will relax. The better you'll feel. 5, as you continue drifting, allowing yourself to slip deeper, deeper and ever so deeply into relaxation, you feel calm. You begin to fully let go and allow yourself to become overwhelmed with complete peace. 4, Relaxing your feet, all the way to the tips of your toes. As you feel your whole body enter into a calming state of peace. 3, continuing to mentally drift, float glide peacefully. 2, you are care free. you are stress free. You allow yourself to become immersed in a calming bliss because on the count of the next number,

you are to allow yourself to become completely comfortable and stress less. 1, allowing yourself  
to become completely and utterly mentally and physically relaxed now.

# SCRIPT

As you continue to relax, spend a moment taking a good look at your life. Begin to reflect on all the good times you have had. All the happy memories. All the helpful people in your life. Everything that has improved your life. You know that you have control over your life. As you continue to feel more at ease, you allow yourself to open up to better things. You know opening yourself up to better things can positively change your life for the better. Letting good things in, naturally replaces the bad things that were once there. Making the conscious effort to better yourself will improve your life. Consciously improving yourself will soon become second nature. The more you choose to improve your life, the easier it becomes. It becomes natural to want what is good for you. You want to take care of yourself because it feels good. You feel good mentally when not smoking. You feel good physically when not smoking. You feel good emotionally when not smoking. You are in control.

You will wake up, live and sleep in complete control of yourself. You will wake in the morning without a craving. You will eat without a craving. You will drive without a craving. You will work without a craving. You will relax without a craving. You will sleep without a craving. You are now fully in charge of your mind, body and actions. You know smoking doesn't control you. You know stress doesn't control you. You know sadness doesn't control you. You know pressure doesn't control you. You control you. You are always in control.

I want you to remember a bad taste. Maybe it was something you disliked as a child or something you currently dislike. This taste makes you sick. You hate this taste. Every time you come across this taste, you are disgusted. You will do anything to avoid this taste, because it makes you feel sick. Every time you come across cigarettes you get this bad taste. Every time you look at cigarettes, it makes you feel sick. You hate cigarettes as much as you hate this taste. When offered a cigarette, you turn it down to feel better. You no longer wish to smoke. You understand it is poison. You no longer wish to smoke poison. You wish to always take care of yourself. You are always in full control of yourself.

No matter how frustrated you become, no one and nothing will make you take the first puff.

No matter how sad you become, no one and nothing will make you take the first puff.

No matter how heart-broken you become, no one and nothing will make you take the first puff

No matter how bored you become, no one and nothing will make you take the first puff

No matter what situation you are in, no one and nothing will make you take the first puff.

You are happy to be in control knowing no one and nothing will make you take the first puff.

You begin to find it easy and effortless to live smoke-free. Anytime you are around smokers, you are happy to be a non-smoker. You love your body and do what you can to take care of it.

Anytime someone offers you a smoke, you are happy to say, "No thanks, I'm a non-smoker".

That's right, anytime anyone offers you a smoke you deny it without hesitation and feel a great sense of pride about it. You are now and forever more a non-smoker. You are always in full control of yourself. You will find it easy to NEVER take another opportunity to SMOKE as you live healthy AGAIN.

## AMNESIA/SLEEP

As you continue to relax now and remember to forget thinking about what I said and forget trying to remember what you don't, because your subconscious mind already remembers what it needs. As your conscious mind relaxes, your subconscious safely takes over allowing you to consciously relax and fall asleep while your subconscious makes changes.

# TRANCE TERMINATION

As you continue listening to the sounds, you begin to slowly fade back into the room. 1, Keeping your eyes relaxed and closed, you remember where you are exactly. You slowly become aware of your surroundings. 2, Moving your shoulders, arms and legs now, stretching your body and maybe yawning. 3, feeling relaxed and re-energized. 4, and on the count of the next number opening your eyes and feeling rested and relaxed. 5, back in the room feeling relaxed, rejuvenated, re-energized and better than before!