

QUIT SMOKING SCRIPT & SUGGESTIONS

To get a person to stop smoking is very difficult because many people who smoke really do not want to stop smoking and may fail with hypnotherapy because they are fighting your suggestions. Cigarettes are a duo chemical addition of sugar and nicotine. Each cigarette contains about eight grams of sugar, which is about a half of a teaspoon. To get a person off of cigarettes involves removing the two chemical addictions and the emotions and habits of the addiction.

There are two different types of smokers and they are identification smokers, and replacement smokers. An Identification smoker started smoking because they identified with someone in their life who smoked. It might be a parent, friends at school, watching commercials on television and so forth. The second type of smoker is a replacement smoker. A replacement smoker is a person who started smoking to fill a void in their life. A relationship breakup or a death in the family for example may be the cause of someone starting to smoke.

Many people gain weight after they have stopped smoking because they have never let go of the sugar addiction and need to replenish the sugar that they have smoked for years by eating foods with sugars such as sweets. Smokers need to wean themselves off the sugar after they have stopped smoking by using a hard candy supplement for a few weeks. Each week reducing their sugar intake for about four weeks to completely wean themselves off of the sugar addiction that was created by smoking cigarettes. Most people do not know that they are smoking and breathing in sugar. Hypnotize your client and give them some positive suggestions of stopping smoking:

“You have made a decision to stop smoking poisonous cigarettes and you feel proud of your decision to trade sickness and death, for live, health and happiness and everyday the old habit and patterns towards smoking leaves and you are becoming free from the smoke and poison. Smoking poisonous cigarettes is just like putting your mouth over a dirty exhaust pipe of a car and breathing in poison smoke and you would never do that. Cigarettes are poison and you don't take poison anymore. Your desire is to be healthy and to put healthy things in your body. You love to now eat healthy foods and you have motivation to exercise. Everyday now your lungs enjoy breathing in fresh air. Imagine and see yourself in your mind, going through every routine in your life now without a poison cigarette because the habit, craving, addiction, and desire to smoking poison cigarettes is leaving you now and it is in your past and you are no longer the person you were in the past. You are in control of your mind and you have made a decision to stop poisoning and killing yourself. You will not create any more excuses to put off your health anymore”.

“You want to live a long and healthy life and no paper or tobacco is going to stand in your way anymore. No more games of Russian roulette. See yourself standing near the ocean and see that last pack of poison in your hand...now through that last pack a poison away and out into the sea...as the pack of poison splashes in the water and moves out to sea...it is gone...it has disappeared...and the habit and addiction is now gone and can't come back...think of how great it feels now, not having to smoke...and think about how healthy you are now becoming...and wiser...and more confident and happy...and breath in a feeling a feeling healthy and free of that poison forever...your smile is your confidence to never, ever go back to breathing in poison and congratulations of your healthy decision to be a non smoker forever”.

TOM SILVER