



# MindOverAll Hypnotherapy Centre

## Stop Smoking Program

### Time Period 1- Goal \_\_\_\_\_

- ❖ Change your brand of cigarette – cut the tar and nicotine
- ❖ Use Your TRIGGER to help control cravings
  - No Smoking for the first 30 minutes of the day
  - No Smoking for the last 30 minutes of the day
  - No Smoking for the 15 minutes after a meal
  - No Smoking while in the car
  - No Smoking while on the phone
- ❖ Keep a written record of the cigarettes you smoke ( time and place)
- ❖ Write out your affirmation 25 times a day

I \_\_\_\_\_ will stop smoking on \_\_\_\_\_

### Time Period 2 – Goal \_\_\_\_\_

- ❖ Practice Self-Hypnosis with your affirmation and visualization
- ❖ Enlist support from family and friends
- ❖ Use Your TRIGGER to help control cravings
  - Add No Smoking with Tea, Coffee or Alcohol
- ❖ Continue your written record of the cigarettes you smoke ( time and place)
- ❖ Write out your affirmation 25 times a day

I \_\_\_\_\_ am a non-smoker

### Time Period 3 – Goal \_\_\_\_\_

- ❖ No More Cigarettes
- ❖ Use EFT with your affirmation at least 3 times/day
- ❖ Use the Patch or Gum if Desired to Help Control the Physical Addiction
- ❖ Write out your affirmation 25 times a day

I \_\_\_\_\_ am healthy and free