



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