



Anne Goodman MNLP, DH, EFT
www.empoweredchoices.com/stopsmoking
250-385-3553
annegoodman@telus.net
Get Your Saboteur On Your Side

How Hypnosis Works To Help You Stop Smoking



How Hypnosis Works To Help You Stop Smoking

The reasons people smoke:

1. Addictive nature of nicotine
2. Emotional needs
3. Ritual and habit of smoking

Addictive Nature of Nicotine

Nicotine only stays in the body for 48-72 hrs. After that, there's no nicotine left in the system at all. The symptoms left over then are all emotional and ritual and habit. Hypnosis will address these issues, creating more useful habits, disrupt triggers, and install new rituals.

We've been told that Nicotine is more addictive than heroin. This simply isn't true.

The withdrawal symptoms from nicotine include headaches, cravings, irritability, anxiety, difficulty concentrating and increased hunger, for a couple of days.

The withdrawal symptoms from heroin include vomiting, diarrhea, nausea, convulsions, tremors, panic, muscle cramps, shallow breathing, increased heart rate, elevated temperature, a rise in blood pressure, depression, feeling suicidal, and even arrhythmia, stroke, heart attack or coma. These physical symptoms of withdrawal from heroin can last 3-8 days.

As you can see, it's a myth that nicotine is more difficult to withdraw from than heroin.

Emotional Reasons For Smoking

- Emotions are the main force behind the smoking habit.
- People think smoking helps them to relax, to be calm.
- Some people say it's a social thing, and helps them feel connected to a group, to fit in.
- Some people smoke to rebel against their parents as a teenager, wanting to make their own choices, to be free, to be included with the cool kids.
- Some people think it makes them feel confident.

And whatever your original reason, back when you first started smoking, it probably worked.

The unconscious mind links the idea of smoking with a particular feeling, left over from the time when you started smoking to fulfill a need.

As a teenager it probably was rebellious and cool to smoke. It did feel free, like you were finally making your own decisions, like no one could tell you what to do.

And even though as an adult smoker, years later, you're as un-free as you can be, having no control at all over whether you smoke or not, no choice at all, some part of your mind still connects smoking to being cool and being a rebel. It's as if a part of you got stuck there.

When you're stressed, your Unconscious Mind will search for ways to reduce the stress.

If smoking comes up as a way to reduce stress, from habit, your Unconscious Mind will begin to motivate you to have a cigarette.

If you've stopped smoking and you don't have an alternate behaviour to relieve your stress, you're likely to go back to smoking. A need to reduce stress is very real. It's important.

So in order to successfully give up cigarettes, you need to consider and provide for the emotional needs that drive the habit.

Fortunately hypnosis is extremely helpful at creating strong emotional links.

Hypnosis will give you more useful and more successful ways to reduce stress and achieve that state of calm that you want.

Hypnosis will help you to be confident, to feel as if you fit in, to experience being a rebel, to be cool, and to feel free in new ways as a Non Smoker. And the new ways will be even better than smoking was at creating these emotional states because you won't have the nagging negatives of smoking.

Luckily there are many ways to relax, calm yourself, get a different perspective, rebel or be free. And hypnosis will help you to discover them, and apply them.

When people take care of these emotional needs, they report that stopping smoking is much easier.

Hypnosis can help you feel powerful satisfaction, relaxation, calmness, freedom, and confidence in all those times and places where in the past you would have used a cigarette.

Rituals and Habit of Smoking

People usually have certain times, places, and activities for smoking.

With a coffee, after a meal, with a drink, getting in the car, after work, after sex, to celebrate something, to relax, as an end of the day ritual, as part of socialising, to avoid boredom, when having quiet time to think about things, while having a private chat with someone (usually a spouse), in order to concentrate.

Because they've performed these rituals with cigarettes over and over, the Unconscious Mind has created a link between them. Millions of people do each of these things without cigarettes, and so can you.

Smoking doesn't actually give you any benefits in these areas, it doesn't improve them, each can easily exist without smoking, but for smokers there is an association or an anchor to each of these situations.

During hypnosis these associations will be changed or reframed so that each of the triggers will be separated in your mind from the act of smoking. You can relearn to enjoy each of these activities without cigarettes.

Motivation to Stop Smoking

If you're motivated and you really want to give up cigarettes, Hypnosis will help you.

The 3 most common reasons for stopping smoking are;

1. Family
2. Health
3. Money

If you are motivated for any reason to Stop Smoking,
call now for an appointment.

Anne Goodman
Stop Smoking Specialist
250-385-3553

