

Stop Smoking Dammit



The NO B.S. methods and information that YOU need to know!



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Index

	Page
Title page	1
Index	2
Introduction	3
Your emotions are a message	4
The message	7
The task of the subconscious mind	10
The nature of the Sub-Conscious Mind	12
Get leverage	14
Need more leverage?	17
Take charge of those feelings	21
Purposes of smoking	24
The solutions	26
Excuses of smoking	31
Alternate Methods and Treatments	33
Statistics about Smoking	39
Useful Internet links	43
About the Author	43
My advertising	44

This booklet is designed and best printed as an A5 booklet. 4 pages per double sided A4 page. Please pass this on.

Introduction

The purpose of this site/book is to get people off the smokes. Pure and simple, get rid of the ciggies. I want to offer some of my 18 years as a Hypnotherapist, using what I know works, and also offer other peoples products. If you can use these methods and do it on the cheap, good. If you need a little more help, then I offer that in services and products as well. It helps to pay to mortgage. Please don't look for political correctness and sensitivity. If you need a kick in the arse, then give it to yourself, or get me to do it. Just read, learn and take action. To know and to not do, is to not know.

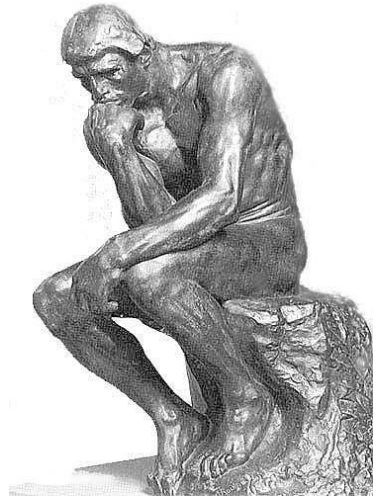
There are also people that amass information and knowledge. Sometimes they read the book or article from cover to cover, some will skim the first line from each paragraph, and feel confident that they are now knowledgeable in the area. I saw some friends do this at university, only to completely bomb during the exam. They had a basic theory of how things worked, not a working theory with the variations. Their arrogance brought them unstuck when tested. Often they have every self-help book in existence, and yet are royal screw-ups. You have to apply, reapply, and reapply again. If it works the first time, great, repeat just to build your expertise. Don't give things a half-hearted single shot and let it go. Those people are often trying to prove that nothing and no-one can help them. They want to be special in a helpless way. I see them occasionally in therapy, and have to try to impress them with their own ability in change. Usually they want it yesterday and without personal effort. Time to take a tablespoon of cement and harden up. Stick with the process princess. So, been insulted enough? Want to get on with it? Good, read this all out loud to reinforce it with your senses. Don't skim!

So, you want to be a non-smoker. Tired of being breathless, smelly and a bad example. Time to minimise the damage and achieve something for yourself. Smoking is a tool like any other "Habit". At first it served useful purposes, then those purposes changed, and usually diminished. See my opinion of habit further in the book.

Your emotions are a message.

The subconscious mind communicates in different ways.

Visual thoughts are called imagery. A highly visual person tends to be indicated by work such as a trade, engineering, visual arts and the like. It is reflected in their language, when they use words showing understanding such as “Ah yes, I see”, or feeling abit “Blue”. Visual thinking is very rapid, and can be quite complex. An Engineer or Mechanic can create very intricate images and look for flaws in design whilst all at an intellectual level. We can often visualise different outcomes for any situation in the blink of an eye, and then use other thought processes to finalise our decisions.



Auditory thoughts can be our internal voice, which is often a reflection of how we consciously think. It can get confusing when we have all our other internal voices, particularly when we tend to think of “One Voice”. We don’t have just one voice, there can be heaps. Each serves a purpose, some give soft input, some tend to have abit of a whinge and can be quite childish, others get louder and louder as they get ignored.

An interesting thing about our auditory thoughts and addiction behaviour. We can try to drown out our internal voices by using the outside world. Many mind altering addictions such as alcohol and dope have people putting themselves in noisy environments where they “Can’t hear themselves think” literally. Often they have self loathing and negative thoughts that they would rather block out and do so by always having the TV and/or radio going in the background. They don’t like their thoughts, and take measures in minimising their influence. They are at war within themselves, and drown out those things that hurt them. They can be very reluctant to meditate and take

the time to listen within, despite it being the very thing needed (followed by doing something about it, once you are aware of what and how).

These thoughts can be mistaken as being separate to us, or “crazy” thoughts. In actual fact, these are parts of our mind, each with an objective (usually to assist or protect us) but does not always know how to do so effectively, and sometimes these voices just get louder and more urgent as they are ignored. They can even be in direct opposition to each other, despite being appropriate in it’s own setting. The subconscious mind doesn’t always follow the logical.

Kinaesthetic Thoughts are body thoughts or feelings. These are very powerful and are often used in conjunction with the other thoughts. Or ‘gut feelings’ may be used as a final decider against other thought processes. Notice how often we will visually imagine different options, debating them with out auditory thoughts until we sort through the “Wrong” feeling, until we hit the “Right” feeling. We can often feel if something is right, wrong, true or dodgy. This is how we experience this world with our senses, and our thinking reflects or sensory experience. We even talk about how things can smell “fishy”, or leaves a bad taste in out mouths. We think with our senses. Makes you wonder if there are other methods of thinking that we use but are not aware of consciously.

Our kinaesthetic thoughts have the same characteristics as objects in the world. Size, weight, colour, surface texture, hardness, location etc. They also have intensity and location. Think about it. When you have had a feeling of anger recently. What was it about. Visualise the situation, imagine the conversation or noises. Now, FEEL angry.

Where do you feel that? Is it in your shoulders, feeling like tension? Is it in your hands, or head, your chest? What color is the feeling? Red (often for anger), is it hot or cold? If you were to reach in and touch it, would the surface be rough like rough cut wood, smooth like silk or silicon, soft like dough. Is it as hard as rock, or spongy.

It's your feeling, learn to read it. Once you can recognise the differences, it becomes easy to change those components, and then you become in charge of your feelings, instead of the other way around. Isn't this what you are after as a non-smoker (as a start). We will look at this abit later.

Key Points:

- There are different types of thoughts (that we know of), visual, auditory and kinesthetic.
- Those thoughts have characteristics.
- Changing those characteristics takes control of the emotion.

The Message.

All thoughts contain a message. Some are more obvious than others. When the little voice within tells you to be cautious with someone, the message is pretty obvious. When you visualise different acts by someone against you, the message is virtually the same.

Beware!

Our understanding of the Kinaesthetic thoughts can be slower until we understand how it works. The

subconscious mind, which is the source of this communication, is trying to tell us something but does not usually understand that the conscious mind thinks in a very different way to the conscious mind. We are like foreign tourists where no-one understands that we do not speak the language, and then once it is clear to the other person that we do not understand what they take for granted, then they try harder to communicate until a better method is found. This is like the subconscious mind. It gives us weird dreams where we have to try to interpret them, or feelings that can be mistaken as other feelings, and wonders why we don't 'get it'.

Once we ask it for a simple message, that is usually exactly what we get. A clear mental "NO", or a calibrated finger signal, even a dream that instead of trying to figure out what a frozen horse in a field is supposed to symbolise, the subconscious takes a form and makes a simple statement.

Given this, it is also necessary that we learn the subconscious minds emotional phrasebook. It is not hard, just usually overlooked.



For example:

Pure rage = something has to change NOW, not in 30 seconds or 2 weeks, NOW. This is why we get filled with adrenaline, hyperventilate and ignore anything outside of our objective. Think about it.

Adrenaline shuts down the blood supply to the body extremities, putting it to the muscles and the organs. This stops us from bleeding to death immediately if we get mauled by a tiger. The hyperventilating hyper-oxygenates the blood for our muscles, as we are often in a situation where we are going to need that strength. (Such as fighting off the tiger). The tunnel vision has us focus solely upon the issue presenting the problem. Our stomach and digestive system stops working as the blood and energy are likely to be needed elsewhere, and can always resume later if/when we are out of danger.

This is from a million years of programming, and is not likely to change anytime soon. We can train ourselves out of this by repetition such as emergency services and military do, but it takes intensive work to rewrite the program.

This is appropriate when the tiger is in the camp, or the enemy that is trying to kill us. It is way off base when it is road rage, or an argument. Listen to your emotions, and if it is inappropriate, then tell the subconscious mind so, and look for a better emotion.

Anger = Something has to change. Time is a bit flexible, but you are not going to tolerate the situation much longer. This lets others know that they are on thin ice.

Fear = Something unknown is coming. Ever notice how when something has to happen, whether it is surgery or changes in your job/life/situation, we face it with a degree of fear. When we actually have a description of the full event and risks are explained, then it is not so bad. We don't have to like it (that tends to be apprehension), but our fear factor drops dramatically.

These are often called negative emotions, there are no such thing. All emotions have a purpose, some of them have negative connotations. Without them we are life's doormat. If we overuse them, we are aggressive and bullying.

There are many other emotions, and we give them names. Each has it's own sub-modalities, such as location and colour etc.

State of mind and self-image.

Let's look at the state of mind needed to eliminate the cigarettes. If a person is not interested, or thinks it would be a good idea but not important at this point, then they would be better off investing their time and effort in something else UNTIL it is important. Something of no value is of no worth.

Do you need to get motivated? Still lacking what is needed?

When we do have what is needed, this is called LEVERAGE. As Archimedes said, "Give me a lever long enough, and a point upon which to place it, and I can move the world." Well, you are moving an old habit, using your reasons and emotions as a lever.

OK then, why don't we look at what this is currently costing you.

Key Points:

- Our emotions are messages from the subconscious mind.
- We don't always understand the message.

Exercise

Guilt is to prevent us from violating our core values, or repeating a mistake. Do you feel guilty when you smoke? List why-

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I assume that you do otherwise you probably wouldn't be reading this book. Sometimes we suppress guilt instead of listening to what it is trying to tell us. What is the message in it for you?

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The task of the Subconscious Mind

Believe it or not, there are certain tasks that we are here to achieve. The subconscious mind has at least one purpose as well. One of it's primary objectives is to look after YOU in this life. It sometimes needs to be reminded of this, but has taken up bad habits that were at one time a useful habit.



When you took up smoking, it was

a good idea, otherwise you would not have bothered. It may have been the social interaction or rapport of friends, family or workmates. Being the same as others makes us comfortable and at ease. By doing or being the same, we are part of that group and usually safer. This relates back to prehistoric programming, where being a loner reduced our likelihood of survival. Even wolves that are ostracised by the pack have a low survival rate in the wild, so it is no surprise that our basic programming is to find a group and be a part of that group. Pity they were often smokers back then.

Some of the old timers were from the days where your first pay packet involved buying a packet of cigarettes. “You are a working man now son”, and many of these guys, which are normally around retirement age now, took up smoking at around 14 years of age. That was the social norm at the time. Times have now changed in the English speaking countries, and smokers have become social lepers. 15 is the typical age for many as the normal rebellion and fitting in really kicks in. Try and tell that to a 15 year old. They hate being “normal” in their rebellion.

Anyhow, back on track about the subconscious mind. When it follows the basic rules of ‘fitting in’ which in turn maximises our chance of survival, it will do so at the cost of long term survival. After all, who needs to worry about long term survival when the short term is needed first.

A good trick for the hypnotherapist and the rest of us is to remind the subconscious mind that part of it's primary purpose is to protect us, and that smoking is in direct violation of that purpose, regardless of the initial good intent. With this in mind, it is far more likely to assist in the reduction of the needs and desires to smoke, and help in the decision to be a non-smoker.

To say out loud to yourself, "OK subconscious mind, smoking is harming our body, it is the only one we have in this life, it is time to be rid of this once and for all", using your senses to reinforce it instead of just mentally stating it. Say it loud and clear. Now reinforce it with a positive affirmation, "I now wish to be a proud non-smoker, time to do what is right for my body and only breath clean air." Don't worry about sounding like you are crazy, let's face it, your friends probably think you are anyway, and you are likely to be doing this in private. But still, DO IT. What do you have to lose.

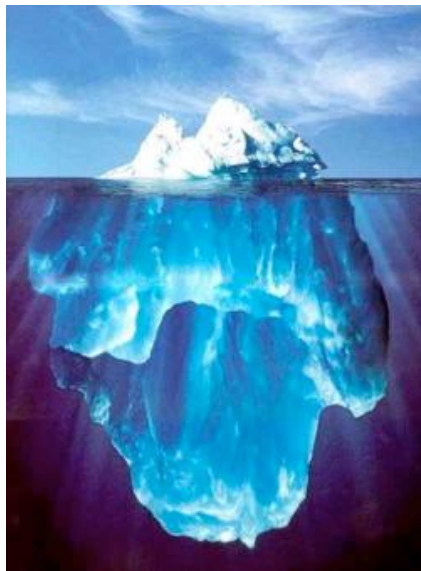
Key points:

- The subconscious mind is there to assist you.
- It uses our most basic survival programming unless requested to do otherwise.
- We can change that programming

The Nature of the Sub-Conscious mind.

What we identify as US, our personality with our likes and dislikes is largely the conscious mind. It is the rational mind that is the planner, with less emotions. Key points are:-

- Concept of time
- Concept of cause and effect
- Concept of consequence
- Plans actions and process flow
- Has limited memory storage, and will forget what it thinks is not important or repeated
- Used with rational understanding to make decisions, but can deal with only limited information



The subconscious mind thinks differently. It is more emotion based, with less focus on the cause and effect of the actions. It's features are that it:-

- Is focused on the now.
- Will not always consider consequence.
- Will use methods that appear a good idea at the time.
- Will repeat a coping method even when it is not the best method.
- Thinks about 10 000 times faster
- Holds all memory permanently (provided memory has had a chance to transfer from short term to long term memory)

These differences causes some problems. When you took up smoking, it was a tool with just one or two purposes, and those were usually social. As time went by, it became used for more reasons, even though it may not have been the best for the job. Things such as stress management, time wasting, work breaks and the like. All of these have better methods that could be used, but the subconscious mind tends to prefer a familiar method, even when it involves being comfortably miserable.

The mind overall is often represented as an iceberg, with the visible surface being tiny compared with everything that is needed to support it. Whilst you may veg out in front of a TV, with very little conscious thought going on, the subconscious mind is still monitoring your autonomic body functions, often thinking about things past, and responding with emotions about what you are watching. We do not really understand how it works, and it becomes more mysterious as you delve further. As a hypnotist, when I strike the odd issue that the sub-conscious mind can not actually deal with, then I hypnotise the sub-conscious mind and talk to the sub-conscious mind's sub-conscious mind. This layering effect continues on, and I doubt that anyone actually knows how far it reaches, or what we are dealing with as we go. We can only deal with the evidence at hand, and make assumptions. The Buddhists could probably have a field day with this, but we will keep it simple and observation based.

As complicated as this sounds, sometimes we just need it to “harden the F##k up”.

Key Points

- The Conscious mind and the Sub-Conscious minds think with different styles
- The Conscious mind can easily misunderstand or ignore the messages from the Sub-Conscious mind.
- We don't understand the way things work, we just use what we observe.

Get Leverage.

Leverage is where you can use one object to move another. This is done in different forms.



Hate smoking with a passion. This damn smouldering weed robs you of time, money, health, watching your kids grow up and have their own kids. The list goes on and on, and is very personal to each person.

Simply put, if another person was to cost you \$100, you can handle that. If they were to cost you \$1000, then there had better be some very good reasons. If they were to cost you \$1000 000 over a long period, well, you would seriously consider paying a few grand to get them taken care of. That's the reality. If they were to be a risk to your kids or rob them of you in the future, then the decision is pretty easy. So why let a smouldering weed do the same? You're no wimp! Step up and take control.

Make your financial plans.

Smoking cost A LOT. A typical smoker that I see spends about \$100 per week. OK to create an instantaneous reward system for the wasted money, 20% (or \$20) goes into the immediate reward funds, so to have a better brand of coffee or beer or whatever, than what you had



when your taste buds were like Helen Keller. The other 80% goes to a toy fund, where once a year (with \$4160), you reward yourself and your family. This may be a holiday, or upgrading a boat or whatever. NOT bills, NOT ordinary things that will give no lifetime memories. Get a proper reward.

Now, just to provide further leverage, get the money as an automatic deduction into a special account just for that, and put a copy on the

fridge. Mark it as your Non-Smoker Reward Account. Discuss with the family (or just yourself as the case may be,) exactly what the reward will be, and when it will occur. Get pictures of the event or object, cutting them from magazines or off the net, and place them on the fridge beside the account.



Make your formal declaration to the family of the intent, having it in a public place, as a public declaration. You now have far more motivation, and dare not screw up.

I also like to use this to test whether people are genuine in their desire as a non-smoker, or just blowing smoke

Ask for support. Tell your mates, co-workers, family members what you are doing. When you tell them, ask if they can assist you. People are funny animals. They can make your life difficult if they see a challenge in getting you to fail, but will do the exact opposite if you have placed trust and respect in them to ask. It is a great compliment to be asked for assistance by a friend in a personal matter.

Examine your personal cost. This isn't just financial.

Respect and credibility. Saying to a kid "Don't you ever take this up" is probably better than giving them a cigarette, but still makes you look like a fool. Nobody trusts a hypocrite. If you can't follow your own advice, why should they. Walk the talk, or shut the hell up. If you want respect, earn it, and they will listen to you.



Skin. We all want to be attractive, or at least do OK with what we have. Any woman that is spending money on skin product, and even the younger guys, and then buying a packet of smokes, you may as well tip it all down the drain. Imagine how well it would work if you WEREN'T poisoning yourself. Do you really want to look like an old handbag. Use that feeling to dislike the smokes even more.



Health. When you are told that you have emphysema, and that you have 1 year if you continue to smoke, or 6 years if you never touch them again, most people don't need any programs. They just throw them in the bin and never think about them again. They know that they may never see their kid marry, or see grandkids, and life suddenly becomes precious. Avoid the rush, make it precious NOW.



Key Points

- Leverage is needed to get your decision hard set.
- Smoking has robbed you, again and again. Hate it.
- Make your plans of what to do with the money saved.
- Ask for support from your friends and family.

Exercise: Draw up your rewards system for your money. Short term and long term goals as described.

Who will you ask for support from?

Who is worth giving up the smokes for, and why?

Need More Leverage?

Many people who see the advertising on television say that when they see the images they just want to go and have another smoke. That is a classic polarity response. There are at least two ways of working with a polarity response. How about we go with the option of just turning up the intensity for a start. These images are to give you some shock value. Vanity is good for leverage. I have poached these images as I simply can not beat them.



This speaks for itself. Crap way to die. Show this to those “Got to die from something” people. You aren’t going to score any dates like this.

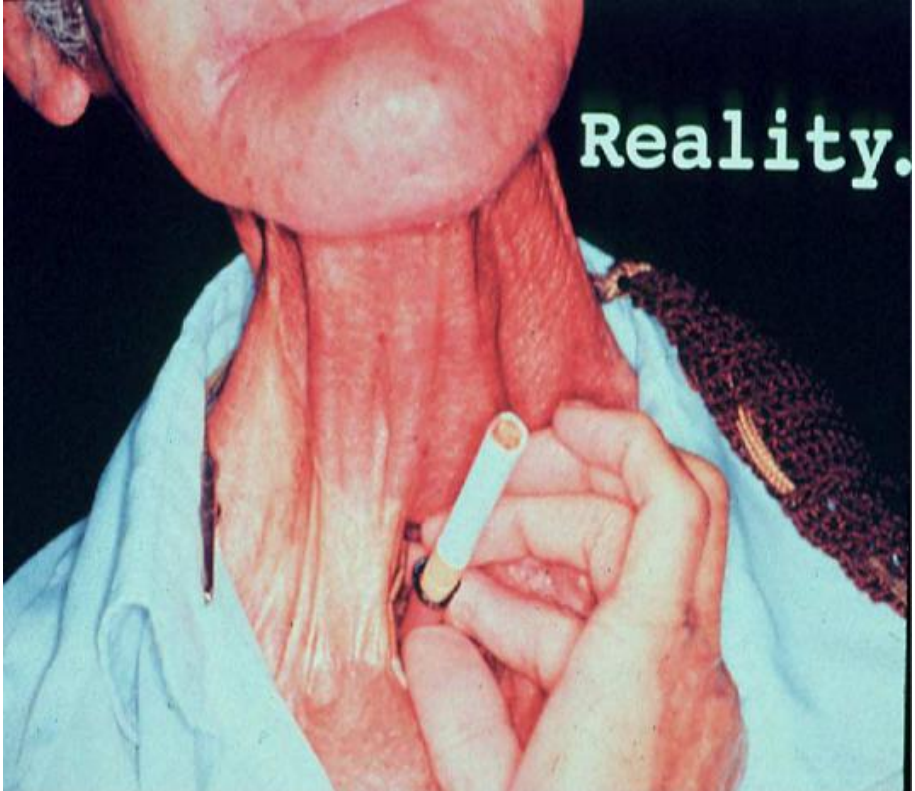
Speaking of which...



All of our actions in life come with a cost. Each person will gauge that cost against their personal values. Sometimes just a small health issue is enough to tip the balance to being a non-smoker. For other people, their cost will be their life. Unfortunately, they cost us heaps in their health costs along the way.



I have no issue with a person who decides that they will keep smoking until they die. That is their life choice. However, their tax funded medical treatment should (in my view) be stopped. They want pain management, tough buns. Surgical intervention, nope, why don't we use that on more deserving people. Smoking is a direct link with your problem, why should I pay for your continued self abuse. Don't take up our valuable resources with your victim mentality and expect sympathy. Had enough of my rant? I have. Moving on.



Parents may sometimes think that their kids imitating them is funny or kind of cool. They see these adults around them smoking, and think that it is a sign of maturity or really cool to do. Don't get me wrong here, not all parents smoke, and most who do try and discourage their kids from it. Of course, they are hypocrites in the process. Some also use it as "mums private time", and kids learn that when mum is smoking on the veranda, that is when she wants to be left alone. This is a useful tool. It can also be achieved without a cigarette in the same way.

The kids below do not know the real risks, and assuming that their parents are the culprits responsible, the parents are committing child abuse.



I doubt that there will be any argument on this point from any readers.

Take charge of those feelings.

Remember when you achieved something, whether it was a good test result, a goal, or just a compliment. Remember how that felt. Feel good. Where is that feeling located, what color is it. Can you make it bigger and brighter? *Record your feeling on the next page.*

You have just been using your emotions, memories, inner talk and core values. These are tools for you to use, alter, and have serve your needs. If you are serving them, then it is time for a change. Sometimes people say that they can't change their memories, as that is what happened. Rubbish. It is your perception of what happened. You can take the same memories, and use them to create a completely different outcome. You can then design the outcome to resynthesise those memories as better tools. At this point, just understand that change is easy, when you know how, and deliberately take action.

Your self image is important. We live up or down to our expectations set from our self image. If you see yourself as a smoker, you act as such.

Quick question – how does a person “Giving up smoking” act.

Quick answer – grumpy, irritable, irrational, not a happy camper.

How does a person who is a non-smoker act? Normal!

Which do you want to be?

Now, imagine your smelly and unhealthy smoker self about 5 feet in front of you, life size, full color, 3 dimensional. Notice some yellowing of the cigarette fingers, the rattly and smelly breath, the poor complexion, a generally low feeling about this image. *Record your feeling on the next page.*

Now take your smoking fingers and do a flicking action as if you were flicking away a cigarette. At the same time as you flick open your hand, flick your image off into the distance, watching it get smaller

and smaller until it disappears. Repeat 5 times, faster and faster. Every time you think of smoking then repeat.

OK, imagine your self, about 5 feet in front of you, clean smelling, breathing deeply and easily, feeling fitter, with empty clean hands. Now hold that image. Look for what you want to improve and change your image to suit. Make it appropriate and believable. When you like what you see and feel it to be correct, press you index finger and thumb together on your smoking hand and hold it. *Put your body in a healthy posture, straight back, head up, breathing deeply and relaxed. Create your feeling of success, and make it bigger, brighter and feel brilliant.* Release, check your image and press again when you feel you have it right.

If you feel a need to smoke, do the flick and then the press, while imagining what you should on each. Do it quick, as the human mind learns fast, or gets bored.

OK, now that you have had a crash course of basic Neuro-Linguistic Programming, it is time to move on. Lets analyse why you smoke, some of which will be obvious, others you may like to think about.

Feeling Calibration

My feeling of Success

Color, Location, Size, Surface texture, Temperature

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My feeling of wanting a cigarette.

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How has this changed after the exercise?

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Key Points

- You are in charge of your feelings, or they are in charge of you. You choose.
- You can change those feeling by choice.
- You can change your reactions by changing the feelings.
- Change can be quick and easy – when you know what to do – and do it.

There is far more to this than what is mentioned. Consult your NLP and Hypnosis specialist.

Purposes of Smoking

Purposes of Smoking:

1. Boredom. We sometimes need something to do with our hands or we feel guilty. This is sometimes from our internal voices.
2. Taking a break. By going for a smoke, we take ourselves away from our work area and refresh our minds.
3. Rapport. When you are with a group of smokers, you tend to smoke twice as much. One person lights up, everyone follows. We like to fit in, and will mirror other people that we like. Smoking has become a social tool.
4. Loyalty. Your first cigarette may have been with your dad, or your kids may have made your favourite tobacco pouch or lighter case. There may be important associations to make a person feel guilty (, that word again,) if it means that they are not smoking.
5. Stress. We develop the means of associating smoking with relaxation. You took up smoking under relaxed conditions, and it serves as an anchor to that condition. What a person is really reaching for is a relaxed state of mind, and a form of break.
6. Death Wish or Self Punishment. Not common, but occasionally crops up. Suicide usually has a negative social stigma depending on the circumstances. A better way to die is to use a socially acceptable means that dramatically raises your likelihood of a terminal condition. The thought process is rarely conscious, and even though the person's life may have changed for the better and they may want to live, a destructive tool may have been put in place to kill them.

These are fairly straight forwards, as are the particular solutions. These are shown by corresponding number.

Key Points

- Smoking started with a purpose.
- The reason why we started may not be why you still smoke.
- Reasons are varied, but can all be solved.

Exercise: Why I Smoke

Eg. At work, bored, need a break, want to remove myself for a short period of time.

At Home

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At Work

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Socially

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The solutions

The solutions are set out in the order as shown by the purposes chapter. These are the usual approaches given in therapy with my patients, and hypnotically reinforced. These are not everything as each person has their own reasons and they can vary case by case. These are just the general solutions and may be a useful guide to you.



Solutions for Smoking:

1. **Boredom.** Some people can't keep still, even when they are taking a break they are still in motion. This is a guilt reaction set up from childhood, where there is a voice in the back of your head that says things like, "what are you doing, if you aren't working then you are lazy, get to work". Unnecessary guilt needs to be turned off, and the ability to be still where appropriate to be put in place. Also, to get up and do useful things when appropriate.
2. **Taking a break.** How about getting up and taking a walk to a different area for a drink of water, or having different tasks available for a change of thought process. If you want to walk around an office, carry a couple of pieces of paper in your hand and walk with purpose. They will leave you alone. If you want to have fun, walk around with a clipboard, look thoughtful when looking at people, and jot down notes. Notice how they will avoid you.
Truckies have the most difficult environment. I like to provide audio books for them to keep their minds busy while they drive.
3. **Rapport.** To create a higher sense of confidence and self-worth allows a person to enjoy the company of others while still remaining different (and up-wind). When it is a romantic couple where one chooses to smoke and the other chooses not to, then it is time for the smoker to assist by removing

themselves for periods of time, giving enough time for the stench on their clothes to dissipate abit. Yes it is a stench, don't kid yourself.

4. **Loyalty.** Does the other person/people WANT you to smoke? Not likely. Would you be honoring their wishes by being a non-smoker? If they are alive, will you get more time with them, and be healthier as a result as a non-smoker? Quite likely. Don't brush over these questions; give them proper consideration, make a decision and then a statement to affirm that decision. It makes a difference to do this.
5. **Stress.** Nicotine is a stimulant. If you are feeling bad, it should make you feel worse, but it doesn't. The state dependant memory linking positive emotions of relaxation with the smoldering stick of tobacco overrides the physiological effects. Call it placebo or whatever you like, it can still work. Stress management needs to be a tool independent from smoking. As a hypnotist, I like to set different tools in place according to the person's needs. It is far better to have other triggers in place to feel relaxed in a healthy way, suited to your environment and lifestyle. This is covered in more detail in other material.
6. **Death Wish or Self-Punishment.** This can be a whole section on it's own. In brief, have the Subconscious Mind solve/heal/accept events, and any appropriate combination thereof. Then look for, and develop a sense of self worth and self love. If a person is already terminal, then heal what is possible, and set additional tools in place to make the dying meaningful and a more pleasant transition. This may sound odd, but giving a person some dignity and purpose back can make a huge difference. Personally, I plan to be shot by a jealous lover when I am 82. My wife is not impressed with that plan.

OK, those are some basics. In therapy, more can be done directly to each of the reasons. This is where smoking is really a symptom, not a cause. As there is more to this when employing direct mind techniques, I have listed additional steps that are taken as required.

Many people think that a hypnotist will just tell them to not smoke. Wrong. Anyone tells me what to not do get an immediate polarity response. Everything is to be done with permission and agreement of the conscious and subconscious minds of the patient.

Addition methods employed as a Hypnotist.

- Turn off unnecessary desires. The subconscious mind, when given a reason, is only too happy to turn off feelings that are detrimental to the person. As it does not think like you consciously, it is often unaware of the damage caused and the direct link between smoking and loss of lifespan. The desire can be healed, and then turned around into a dislike. We don't want what we don't like.
- Fulfill the needs that smoking is attempting to satisfy. Most of this is covered in the solutions. You get the subconscious mind to eliminate needs that are no longer necessary, or create better methods to satisfy those needs, such as what you would have done if smoking had never existed. As for those needs that no longer exist, those are things that seemed a good idea at the time, such as fitting in with your 14 year old mates, which doesn't matter anymore (hopefully).
- Heal any pleasure or pain involved. We may be smoking out of enjoyment or self punishment. By healing those we further eliminate any reasons for smoking.
- Edit the patterns and rituals. We all have our rituals such as when we get up in the morning before the first smoke, or our smoko patterns. We are creatures of habit and are comfortable carrying out a well used pattern where we no longer have to think about what we are doing. By getting the subconscious mind to privately edit out smoking from those memories, and make them feel comfortable as a non-smoker, we can eliminate the awkwardness of feeling "something is missing". I don't need to know those patterns, the subconscious mind already does and essentially acts like a movie editor.

- Create a thought filter. A thought filter acts just like a air filter or oil filter. It stops unwanted bits flowing in the desired stream. Same with the thoughts. Designed to act rapidly, and as close to the point of origin as possible, this is easily noticed when a person starts to think about smoking, and a moment later, isn't. This is a little more involved than this description. Your thoughts come in different forms. Auditory thoughts are the internal voices, visual thoughts are the imagery, and kinesthetic thoughts are your feelings. There may actually be other types that we are unaware of, and so this has to be taken into consideration. When a thought is started that encourages smoking, then there is a part or parts within that is generating that thought. The filter stops that thought, but I need to be informed of it's usage to then negotiate with that part to heal the smoking 'within that part'. This is done during the follow-up session.
- Protect the work. Some parts within may reform the original memory, recreating the original problem. By eliminating any thoughts, thought fragments or dreams that would reform the original memory, the work is protected.
- Amnesia. Amnesia can be used, but is done only with safeguards, and where appropriate. I find it rare to need to use it, and am wary as I have encountered problems where amnesia has been a source of other problems. It is a useful tool, used with caution.

We tend to give excuses of why we smoke; not reasons. If the Nazis could justify attempted genocide, it seems easy for us to justify poisoning ourselves, it is our own bodies after all. Let's look at some of those excuses in the cold light of day.

OK, now go back and put your solutions in place in the previous chapter. Don't just stick with my solutions – make yours creative, suitable and effective alternatives.

Key Points

- All issues have solutions if we know where to look.
- Stop justifying your problems, just fix them.
- Getting professional help provides additional methods.

Excuses of Smoking

Excuses, excuses, excuses. There are reasons and excuses. Actually, the reasons for smoking become excuses. The reason to take up smoking becomes irrelevant as we get older and times change. Do you really need to conform with your friends, most of which have probably given away the fags anyhow.

These are the usual excuses pulled to pieces.

Excuses of Smoking.

1. **It is a Habit.** That is mostly crap. If you have to pull out a packet, flip it open, remove a cigarette, place it to your lips, grab a lighter, light it up being careful of the wind, and then time your breath to draw in the flame into the cigarette – then it is not a bloody habit, it is obviously a decision requiring dexterity, timing and a suitable environment. Stop shifting responsibility for your actions. Don't get me started on rollies.
2. **You have to die of something.** True enough, spoken like a true loser. Ever watched a person slowly become a shadow of their former self, and slowly die by drowning in their own lung fluids. I can think of far better ways to die, having lived a long healthy life, and experienced things beyond my current dreams, with a legacy to be proud of. Always start with the end in mind, and dream big dreams.
3. **It is like an old friend.** This “friend” has cost you a stack of money over the years, often equivalent to 3 houses by the time you are 60 and unhealthy. It has cost you your longevity, often sexual ability, fitness, and limited your suitability for life partners. This is rather like marrying someone you hate 3 times, and getting taken by the divorce each time. What would you tell a friend doing the same thing? Say it to yourself.



4. **I use it to keep me awake.** This is mostly for the truck drivers. True enough, it is a stimulant, and is something to do while driving. Personally, I use audio books when driving. Get a non-fiction topic, usually self-improvement or science, and keep my mind active. If smoking had never been invented, you would still need to do something to keep yourself awake. Don't use it as an excuse.
5. **I like smoking.** Fair enough. You just need to decide what is more important. Your pleasure of smoking or being around for your family. If you still like it after taking in all of this information, then you may be a little masochistic. Keep all this stuff in mind and when you are ready, and only then, go ahead with being a non-smoker.
6. **It is my naughty thing.** OK, sometimes it seems that we have all the fun things taken away. Time to grow up. Want to be naughty, go to the change rooms at a clothes shop, and after 5 minutes, yell out "Hey, there's no toilet paper in here". Good clean fun. No bodily damage done. Growing up and growing old are two different things.

Key Points

- There is a difference between reasons and excuses.
- There are no valid reasons for smoking.
- Excuses are a form of validation for screwing up.
- Stop screwing up.

Exercise: Reason vs Excuse

Were any of your reasons actually excuses? List them – honestly.

.....

.....

.....

.....

Alternate methods and Treatments

There are many alternate chemical methods for working with smoking. Whilst I am a hypnotist, if a person requires additional ways of working with smoking, and truly believes that it is necessary to achieve this, then by all means do so. A person needs to make sure that they are not giving away their personal responsibility, or looking for the magic bullet. We have entered an age where other people are considered to blame, instead of taking responsibility for our own choices and outcomes.

For a person to now say that they didn't know that inhaling smoke was harmful defies common sense. You are responsible then as you are now.

Clinical Results

Method	Clinical Success
Hypnosis	Depends on practioner
Acupuncture	Depends on practioner
Champex	22%
Zyban	16%
Placebo	8%
Nicorette	7-8%
No assistance	5%

Laser acupuncture

OK, I admit it, it is out of my knowledge and experience, but I have had very good feedback about it. There are few studies to look at, but I find this preferable to medication.

Acupuncture

Again, good stories from people. Acupuncturists are like hypnotists in that they can not afford the studies or the million dollar budgets to get the doctors on side. I do like the philosophy and practise of balancing the body's energies, and blocking (as much as possible) the withdrawals. Again, this is preferable to medication.

Hypnosis

This is my specialty, so I am biased. It is hard to give figures as it varies. Expect approximately 80% depending on the practioner. Failures are normally from extreme stress situations like family deaths of workplace issues. If this occurs, go back to the hypnotist and get it fixed.

Herbal cigarettes

Kind of defeats the purpose. Blunts often have a higher nicotine level and no filter. They can come in fruity flavours or mixed with marijuana and tend to be aimed at the youth market. They are actually worse than cigarettes.

Champex or Chantix (U.S.) has mixed success with smoking. It has 4 times the success compared to sugar pills on trial groups who wanted to give up smoking. That may sound abit odd, please read the appendix with the consumer medicine information. It still doesn't give the actual figures, which is disappointing, but many people have benefited from this drug. Side effects include

- nausea,
- anxiety,
- headaches,
- frustration,
- anger,
- suicidal thoughts.

These are not very common, but again it would be nice figures. I invite anybody with a proper scientific papers on this research to send them to me. Apparently there have been 6 clinical trials involving 3659 smokers. 22% made the 1 year abstinence mark as opposed to 16% for Zyban, and placebos at 8%.

It was discovered and developed by Pfizer Inc., and has the name Varenicline Tartrate. It works by partially activating the sites in the brain called nicotinic acetylcholine (alpha4beta2) receptors that are the ones that recognise nicotine. This mimics a partial effect of a cigarette and eases the nicotine withdrawal to a degree. It also neutralises the effects of nicotine if the person continues to smoke, denying them the initial rush and pleasure response. This makes smoking just a dirty smelly habit, as opposed to ???

Zyban (or Wellbutrin)

GlaxoSmithKline or GSK as they are called, produce the anti-depressant called Zyban (Bupropion Hydrochloride) for smoking cessation, or if it is used for depression, called Wellbutrin. It was found in the clinical trials as an anti-depressant, that some people stopped smoking from reduced interest, and reduced cravings. It is often accompanied with nicotine replacements, such as the gums or inhalers.

Side effects include

- Dry mouth
- Insomnia
- Appetite change
- Agitation
- Headaches

From people that I have spoken with, some have reported feeling like their brain is wrapped in cotton wool, and they have had trouble with even minor thinking needs. Others have had no noticeable side effects at all.

It is not clear how it works, and should be remembered that it is a psychotropic.

Nicotine Replacement Therapy

Patches

A transdermal patch that slowly releases nicotine directly through the skin to replace the normal path of nicotine via the lungs. Patented back in 1990 by two professors and a medical doctor. These were only slightly different in success rate to the placebo group, and as such, are the less effective means of chemical assistance.

Common side-effects produced are:-

- Dizziness
- Drowsiness
- Headache
- Irritability
- Mild hallucinations
- Depression
- Skin Irritation on the patch site
- Decreased sleep quality
- Vivid dreams

What is not mentioned (and may never) is that many doctors stopped using them for their elderly patients as they were dropping off the perch due to heart complications. This can probably never be proven as the cause of death is not directly the patch, but people should be aware of the addition risk. Make sure your ticker is good before you try this one out.

Nicorette gum

This is similar to the patches in that you are introducing nicotine as a chemical directly to the body as a replacement to smoking, and gives warning about over-doses. The common side effects are:-

- Abnormal dreams
- Diarrhea
- Difficulty sleeping
- Dry mouth
- Joint pain
- Muscle pain
- Nervousness
- Redness
- Itching
- Sweating
- Weakness

The severe side effects require immediate medical attention, and include:-

- Tightness in chest
- Swelling of tongue, face, lips or mouth
- Fast or irregular heartbeat
- Mouth, teeth or jaw problems
- Pounding in the chest
- Severe diarrhea
- Vomiting
- Weakness

It can damage your teeth if you stick it against them, and definitely needs to be kept away from children and pets. If you stop suddenly, then it can cause serious withdrawal symptoms, and is addictive. Long term usage causes hair loss, high blood pressure and tooth and jaw problems.

If you use Nicorette gum, make sure that it is short term. Nicotine is a toxin, and should be treated as such. A plan needs to be set for reduction as you go so as to not simply swap addictions.

In studies where about 5% of people quit for more than a year without using products, the Nicorette Gum came in at between 7 and 8%.

Think about this option very carefully before you go ahead.

Statistics about Smoking

From Select Web Sites

<http://nsma.org.au/facts/figures.htm>

Fact Sheet- Statistics on Smoking

From: Australian Council on Smoking and Health 334 Rokeby Rd., Subiaco, 6008.

Each year more than 18,000 Australians die prematurely because of smoking - that's 50 a day.

Smoking kills more people in Australia than the total number killed by drink, drugs, murder, suicide, road crashes, rail crashes, air crashes, poisoning, drowning, fires, falls, lightning, electrocution, snakes, spiders and sharks.

Of 1,000 young Australian males who smoke, 1 will be murdered, 15 will be killed on the road and 250 will be killed before their time by tobacco.

In Australia in 1986, the following body organs were removed from humans because of cancer caused by smoking:

521 lungs
148 gullets
71 tongues
221 voice boxes
82 stomachs
40 pancreases
68 wombs
85 bladders 115 kidneys and 161 miscellaneous
body parts.

Tobacco is an addictive substance. Smokers who use other drugs such as heroin, methadone, amphetamines and barbiturates rate tobacco as their most addictive drug.

In Australia approximately 30% of men and 27% of women are regular smokers.

Australia has approximately 5.3 million smokers: they smoke on average 18 cigarettes per day or a total of 34, 821 million cigarettes each year.

In Australia, in the 1940s and 1950s, nearly three quarters (72%) of men were smokers.

The proportion of Australian males who smoke fell from 40% in 1980 to 30% in 1989. The number of female smokers fell from 31% to 27% over the same period. Smokers who start smoking when young are less likely to quit than those who begin when older.

In Australia 2.9 million people have already succeeded in quitting..

In the age bracket 20 - 24, 41% of men and 38% of women smoke regularly.

By the age of 15 a quarter of boys (25%) and over a quarter of girls ((28%) are regular smokers.

Surveys have established that up to 80% of smokers would like to stop smoking.

A quarter of smokers believe that smoking is not harmful.

A recent survey showed only 5% of respondents would be in favour of unrestricted smoking in restaurants.

Australian school children spend more than \$30 million a year - \$82,000 each day - on cigarettes.

In Australia \$6,763 billion or 47% of the total economic cost of drug abuse is attributable to tobacco. This includes:

\$609.6 million in direct health care costs

\$6,028.3 million in indirect mortality costs

The tobacco industry spends upward of \$70 million on cigarette advertising and promotion each year. Much of this advertising appears to be directed at recruiting children to smoke.

Around 140 Australians die each year from lung cancer caused by breathing other people's smoke.

Eight out of ten people favour some restrictions on smoking at work. Even smokers favour some restrictions: 67% of smokers favour some restrictions and 5% favour a total ban.

Australian Smoking Statistics In 2009

Added 5 of August 2009 (7453 views)

tags: [australia](#), [victoria](#), [nsw](#), [law](#), [ozzie](#), [down under](#), [smoking](#), [stats](#), [2009](#)

In 2009, the Australian Council on Smoking and Health released their annual report regarding the Australian population and their smelly habit. According to the report, Australia has approximately 5.3 million smokers [approximately 30% are Australian men and 27% Australian women]: they smoke on average 18 cigarettes per day, a total of 34, 821 million cigarettes a year. Of those smokers, more than 18,000 [50 a day] die prematurely. The council reports that smoking kills more people in Australia than the total number killed by alcohol, drug use, homicide, suicide, automobile accidents and airplane crashes.

Unfortunately, the Australian youth are not exempt from these statistics; the Council reports that by the age of 15, 25% of young boys and 28% of young girls are regular smokers. Their involvement in the habit boosts tobacco sales by an estimated \$30 million a year - \$82,000 each day. And underage smokers aren't the only ones paying for their habits, In Australia \$6,763 billion [47%] of the total economic cost is attributed to tobacco. This includes: \$609.6 million in direct health care costs and \$6,028.3 million in indirect mortality costs.

It is projected that the tobacco industry spends upward of \$70 million on cigarette advertising and promotion each year; much of which is directed at recruiting underage youth to start smoking.

While these figures are staggering, there is some hope on the horizon. In Australia, between 1940 and 1950, 72% of men were smokers; that percentage has fallen sharply, and statistics show it is still declining. The proportion of Australian males who smoke fell from 40% in 1980 to 30% in 1989. The number of female smokers fell from 31% to 27% over the same period. Surveys have established that up to 80% of smokers want to stop smoking, and that over 2.9 million people have succeeded in quitting.

The Australian government is approving policies to ban smoking in public places, which they hope will help help win the war against tobacco. When combining these policies with increased awareness of the negative side affects of tobacco, as well as proper policing of underage smokers, we can only hope that statistics will continue to fall.

Smoking and Cancer Know the Facts

Added 29 of July 2009 (12308 views)

tags: [cancer](#), [facts](#), [high school](#), [death](#), [larynx](#), [oral](#), [kidney](#), [bladder](#)

- Smoking is the main cause of preventable death in America today with an estimated 438,000 deaths annually, or put another way 1 in 5 deaths, the most common cause is related to lung cancer.
 - There are over 4000 chemicals in cigarette smoke, 40 of these are known carcinogens.
 - In 2007 19.8% of US adults are smokers and 23% of high school students.
 - Smoking causes 30% of all cancer deaths in the US, mostly lung cancer.
 - Lung cancer is the leading cause of death for men and women, 90% of lung cancer rates in men is caused by smoking and 80% in women.
 - Men who smoke are 23 times more likely to get lung cancer and women are 13 times more likely.
 - Smoking causes 87% of lung cancer deaths.
 - Smoking is responsible for a lot of cancers namely cancer of larynx, oral cavity, pharynx, esophagus and bladder.
 - Smoking increases the risk of pancreatic, kidney, bladder and cervical cancer.
 - The longer you smoke, and the higher the amount of cigarettes directly increases your risk of cancer.
 - Secondhand smoke is also dangerous to health in fact its estimated to cause 3000 lung cancer deaths per year in America.
 - It is estimated that reductions in smoking could prevent 30,200 cases of oral and pharyngeal cancers and 7800 deaths.
 - Reductions could also reduce 12,300 new cases and 12,100 deaths from esophageal cancer.

Useful Internet Links

World Health Organisation

http://www.who.int/tobacco/statistics/tobacco_atlas/en/

Smoking-Facts.net

<http://www.smoking-facts.net/>

Nicorette

<http://www.nicorette.com.au/>

The Ultimate Quit Smoking Guide

<http://www.quitguide.com/smoking-facts.html>

Oxygen.org.au

<http://oxygen.org.au/hardfacts/smokinginaustralia>

Wholesale Nutrition

[http://www.nutri.com/index.cfm?](http://www.nutri.com/index.cfm?fuseaction=page.facts_about_smoking)

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Written by Phil Smith.

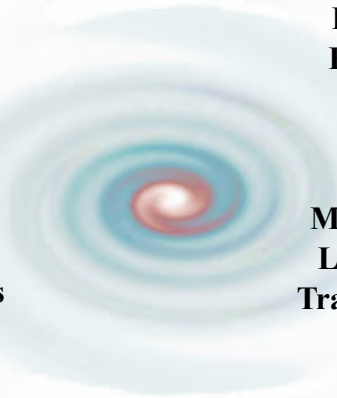
All information to be considered as opinions of Phil Smith

About the Author

Phil Smith is a Hypnotherapist that comes from a mixed background. Originally trained as a Tradesman (Fitter), and then progressed to an Associate Mechanical Engineer, then to a Physicist. Training as a Hypnotherapist while studying Physics, he found his passion. This was from a long struggle with Ulcerative Colitis, where he developed the mantra of “There has to be a better way”, from the let downs of conventional medicine. He found his better way of solving problems and health issues using this direct connection to the sub-conscious mind, and continues to develop hypnotic methods from a scientific viewpoint.

Phil Smith Hypnotherapy

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Self Esteem
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