

## Hypnosis Preparation--Smoking

Write down a detailed history of your experience with smoking. Give detailed information regarding what kind of cigarettes you have smoked, how many, and how these things have changed over time. Was the smoking ever linked with other substances? If so, include those as well. Then, include all the things you have tried, in order to quit smoking. What is the longest period you have gone without smoking? It can be helpful if you have a timeline as well to help me understand how long of a struggle this has been for you. Include any other stressors in your life as well that might correspond with quitting and starting back up again. Begin with the first memories you had of smoking and what it gave you-- questions to consider might be what environment you grew up in and what messages you received about smoking and health. Remember that the more detail you provide the richer your experience will be.

After you compose this history, then write down for me a list of positive "I" statements that indicate what life would be like for you if you were to permanently achieve your ideal goal. An example might be, "I will feel stronger and have more stamina" or "I will be able to exercise more frequently", "I will be able to deal with stress better." etc etc... Write down as many of these positive statements that you can think of. Take breaks and come back to your list and add more each day. Don't just do it all in one shot!!

Compile a list of pleasant and relaxing images, smells, textures, sounds, memories, etc.... Get creative here. Think of times when you have been most relaxed. If a particular smell (vanilla candle) relaxes you then write that down. If you have a favorite song, or favorite scenery, write it all down. Or perhaps you have a favorite vacation that you took years ago. Describe it in as much detail as you can. The point here is for me to have as many visual and sensory images that I can work with that are uniquely relaxing to you. And again, remember the more detail you provide the better the hypnosis will be for you. Don't just say a walk on the beach; say something more specific (like location, or something that happened, that made you relax and feel calm or at peace). For some people it can also be a spiritual experience so if you think of something like that, feel free to write that down as well.