

How To Stop Smoking In 5 Simple Steps



How to Stop Smoking in 5 Simple Steps



THE SURREY INSTITUTE OF
CLINICAL HYPNOTHERAPY

How To Stop Smoking In 5 Simple Steps

Introduction from Paul Howard and Paul White

At the Surrey Institute of Clinical Hypnotherapy, we've spent over 10 years helping people to stop smoking for good.

Over that time, as you might imagine, we've become pretty good at it, even if we do say so ourselves!



That's because we can help even the most hardened, long term smokers quit in just 90 minutes, and we are confident enough to offer a free backup session in the unlikely event you need it within the first 3 months.

However, there are only so many clients that we can physically see in each day, and we wanted to find a way to make a difference for even more people.

So we put together this brief guide which is designed to help you to quit by yourself. It's our gift to you and whoever else needs it, so please pass it on freely to others.

Why you've struggled in the past

People often think its nicotine addiction that makes it so hard to quit smoking, but it just isn't true. Nicotine withdrawal symptoms only last a few days.

The real reason smoking is 'addictive' is that your subconscious mind mistakenly believes smoking is serving a positive purpose. It might be stress relief, comfort, boredom, rebellion, to feel part of the group, or sometimes just plain old habit.

When you try to quit using willpower alone, you are fighting against your subconscious urges. That's why you feel tense, irritable and struggle with cravings.

In this guide, we'll show you how to get your subconscious mind working with you, so quitting becomes easier than you possibly imagined.

How To Stop Smoking In 5 Simple Steps

Although you may ultimately need some extra help, many people have quit smoking using this information alone — as long as you actually take action and use it!

Please let us know how you get on and good luck on your journey to freedom!

Step #1: Wake up and take back control

As a smoker wanting to quit, you probably have a love / hate relationship with cigarettes.

On the one hand, you know you want to quit, you know that being a smoker is a drain on your finances as well as your health.

And yet on the other hand, it seems to be a part of you, something you just do without thinking about it.



There's a good reason for that, and it's because of your subconscious mind.

Your helpful subconscious mind

We all have the ability to be aware of around 7 things in our minds, consciously at any one time. We therefore rely on our subconscious mind to handle everything that needs to happen automatically.

From the way we breathe to the way we get dressed in the morning, our subconscious mind is helping us navigate the world by using automatic routines and patterns of behaviour, so that we can keep our conscious mind free to think about other things.

Smoking is one of the patterns of behaviour that is usually firmly under subconscious control, and most smokers, when questioned, are not even fully aware of all the times they smoke.

Some will even light a cigarette, only to discover they already have one on the go!

So the first step, during your last week as a smoker, is to wake up to your automatic behaviour and start taking back conscious control.

"Hang on", we hear you say, "So you don't want me to quit yet?"

How To Stop Smoking In 5 Simple Steps

No, that would be like asking you to drive a car before you have learnt how.

For the next week we just want you to have fun taking back conscious control over your smoking habit, and this will make it much easier for you to quit in the next step.

How to take back conscious control

Simply think of as many ways as you can to interrupt your subconscious mind from carrying out the smoking habit. Have some fun playing with some of the following:

- Keep your cigarettes in a different place (e.g. a different pocket)
- Switch hands when lighting and smoking your cigarettes
- Switch brands — if you dare!
- Change the times and places you usually smoke
- Decide you will wait 5-10 minutes after getting an urge to smoke. If you still find you want one, then have it. If not, don't
- And most importantly, make sure that when you are smoking a cigarette, you give it your full, undivided attention

That last bit was very important, so here it is again in big letters:

**“Make sure that when you are smoking a cigarette,
you give it your full, undivided attention.”**

From today, we ask you to only smoke when you can give the cigarette your full attention. That means no smoking whilst on the phone, driving, or watching TV. (After all, you'll soon be giving up smoking for good, so give it all the attention it deserves!)

If the urge to smoke in these kinds of situations gets too strong, stop what you are doing and go have the cigarette where you can focus on it. Then go back and continue what you were doing. Park the car or hang up the phone if you have to!

Do this step for a week, and remember to have fun in your last days as a smoker!

How To Stop Smoking In 5 Simple Steps

Step #2: Get mentally ready to stop and set a date

If you threw yourself into step one, you probably noticed a curious thing happened as you went through the week.

Perhaps you found you smoked a bit less, maybe cutting out some of the cigarettes you would normally have smoked when you didn't really want one.

Or perhaps you discovered that you didn't really enjoy all the cigarettes you smoked. Perhaps you even put some of them out early.



Perhaps you found yourself wanting to get to the end of the week and actually quit!

Take a moment to think back and remember those times now, notice how much more control you had by taking conscious control.

Now, you are almost ready to quit smoking completely. But first, you need to tell your subconscious mind that you are making changes. That way, it won't fight against you and stopping smoking will become much easier than you imagined.

How do we do this? Simple. Using the power of your imagination.

Sending a powerful message to your subconscious mind

The following exercise will send a powerful message to your subconscious mind, so take time to do it at a time when you can devote 10-15 minutes undisturbed, in a place where you can safely relax and close your eyes.

- a) First, take a few deep breaths and allow yourself a moment to calm your body and mind.
- b) Next, imagine that you are going into the future, to a time where you have been a non-smoker for 5 years. Really take a moment to imagine it in great detail.
- c) Focus your concentration and make it as real as you can imagine.

Perhaps you can imagine how your health and breathing improved, the extra money in your pocket, the things you can do now which you were unable to do before.

How To Stop Smoking In 5 Simple Steps

d) Now, imagine stepping into the body of this future you. Step into your own shoes and see through your own eyes.

Think the same thoughts this future you thinks. Notice the way they behave differently. Feel the ways they feel different, happier, healthier, so your subconscious mind knows exactly how you want to feel in the future now.



e) Finally, imagine bringing back all the differences that make the difference to the present day, so that you have all that you need to be a success in the future NOW.

Do this technique a number of times over the next couple of days. If you find it hard to imagine at first, keep practising. The more vividly you can use your imagination, the more powerful the message will be to your subconscious.

You'll know when you have this step mastered, because as you imagine returning from that future self to the present day, you'll pass through the exact moment you decided to quit once and for all.

When you can imagine that moment clearly, you'll know your subconscious is fully ready to quit too. So put it in your diary and then do it just as you imagined it!

How To Stop Smoking In 5 Simple Steps

Step #3: Beating nicotine withdrawal

If you have followed the steps carefully so far — congratulations! You are now a non-smoker, and the health benefits are already starting.

In the first 24 hours after you quit, the carbon monoxide will be cleansed from your blood stream, your blood pressure will normalise, and your chance of heart attack will already have gone down!

Within 48 hours of quitting, your lungs will begin clearing the years of accumulated mucus and debris and all traces of nicotine are gone from your body. Your 'addiction' to nicotine is over.

Because you sent a clear message to your subconscious mind, you should find the emotional cravings are greatly reduced. Any remaining physical cravings will be quickly reducing as the nicotine is flushed away.

You can help speed the process at this point by drinking plenty of fresh, cool water.



Staying calm and relaxed

Many ex-smokers say that they smoked to relax, and miss this aspect of smoking.

But here is a secret - it was not the cigarettes which calmed you down, but the way you were breathing.

The act of smoking forces us to take a deep breath and to hold it in for a second or two. And it is this type of breathing which actually relaxes you, not the nicotine (which is actually a highly poisonous stimulant).

Try it now. Take a good, deep breath as if you were drawing on a cigarette, hold the breath for a second or two, then take a slow and steady breath out. Notice how you can get the same relaxation, even without the smoke!

You may also find that smoking allowed you to escape the hustle and bustle of life for a few minutes, allowing you time to relax.

Again, it is not the act of smoking, but the act of taking a break - so remember, you can still take the breaks you need. How about taking a stroll around the block, or grabbing 5 minutes with a magazine or book instead?

How To Stop Smoking In 5 Simple Steps

Step #4: Start calling yourself a “non-smoker”

Each of us has many identities or roles we play in life, and different labels we give to ourselves. For example, we have family roles such as: Brother, Sister, Son, Daughter, Mother, Father, Husband, Wife...

We also have work roles, such as: Boss, Co-worker, Teacher, Accountant, CEO. We even have society roles, such as: Christian, Muslim, Male, Female, Asian, Straight, Gay, British, Middle class, Working class...

The list goes on... but if you think about it now, each of those roles or identities you play in your life allows you to show certain parts of your character or to behave in certain ways.

For example, the way a person acts at work tends to be different to the way they act at home. And the way a person acts in front of their children is usually very different to the way they might act on a night out with friends.

You can probably think of many examples in your own life where you assume a role or identity and how this affects the way you think, feel or behave.

Non-Smokers Rule

Now think about roles and identities in relation to smoking. Now you have stopped, what do you call yourself? Are you:

- a “non-smoker”
- an “ex-smoker”
- a "smoker who is trying to quit"

Or something else?

Chances are, if you are calling yourself a "non-smoker", you are having a much easier time than if you are calling yourself an ex-smoker or a smoker who is trying to quit.

Why?



How To Stop Smoking In 5 Simple Steps

Because what you call yourself causes your subconscious mind to reveal or hide those parts of your character which fit the role.

After all, a non-smoker wouldn't dream of smoking at any time, would they?

But an ex-smoker... Well, that suggests to your mind that you are still a smoker deep down... and what does a smoker naturally want to do?

And if you are just "trying" to quit, that suggests you intend to fail. As Master Yoda in the film, *Star Wars*, says, "Do. Or do not. There is no try!"

So, if you feel like a non-smoker already, give yourself a pat on the back.

Otherwise, take some time to re-enforce the exercise in Step #2 and take every opportunity from now on to re-label yourself as a "non-smoker".

And don't worry if it feels like a lie at first — the more you convince yourself that it is true, the more it will become so!

After all, there's a lot of truth in the old saying:

“Fake it until you make it!”

How To Stop Smoking In 5 Simple Steps

Step #5: Start listening to your body

Hopefully, you'll soon start getting pretty comfortable as a non-smoker, and cravings will start fast becoming a distant memory.

You might, however, find the odd situation where a craving pops up unexpectedly, and that's what this step is designed to help with.

The first thing to do is STOP, and ask yourself:

“Is this really a craving, or is it some other feeling?”

Many people expect cravings when they quit, so it's easy to confuse other natural feelings as cravings.

For example, are you actually thirsty? Or tense? Or bored? Check out the real meaning of the feeling and do something about it.

If you are thirsty, take some water. If you are tense, walk away and take a break. If you are bored, go DO something.

By learning what your body is really telling you, you can look after yourself much better.

After all, you wouldn't fill your car with petrol every time the oil or brake fluid lights came on, would you?



Extinction bursts

When we are learning to do something new, it's natural to make mistakes, and your subconscious mind is no different.

Sometimes, therefore, people may experience a 'rogue craving' known as an 'Extinction Burst', and this usually happens when your subconscious mind is caught by surprise and momentarily falls back on old responses by mistake.

The good news is that these extinction bursts usually pass in under two minutes, so tell yourself "this feeling will pass in a moment or two" then absorb yourself in something else, and the craving will disappear before you realise it!

How To Stop Smoking In 5 Simple Steps

Final thoughts...

By using this guide, you've proved that you are really serious about stopping smoking and we just want to take a moment to acknowledge you for that.

After all, many people simply never take the time to educate themselves the way you have today, and although these steps may take some time to master, the more you put them into action, the better the results you will see.

And the fact that you are reading this means you really have the determination and commitment to do this now.

It's important to remember that any action is better than no action, so even if you stumble on one of the steps, you are still sending a powerful message to your subconscious mind — *especially if you dust yourself off and get started again.*

As we often say to our clients, one slip-up isn't failure. It's only failure if you allow that slip up to become the reason why you go back to your old ways.

And in the same way, that one bad act doesn't make you a bad person, nor does one smoking slip-up make you a smoker again.

Finally, this guide is necessarily generic, and cannot hope to suit everyone. So, if these steps made sense to you but you struggled to put them into practice, then we think you might be a great fit for our [one-to-one stop smoking service](#).

We tailor our treatments to each individual client for maximum benefit, and many clients appreciate the individual help we can provide.

Regardless of whether you use these tips, or come in and see us personally, we'd love to [hear how you get on](#).

Thanks for reading thus far, and here's to your success.

Kind regards,

Paul Howard & Paul White
The Surrey Institute of Clinical Hypnotherapy