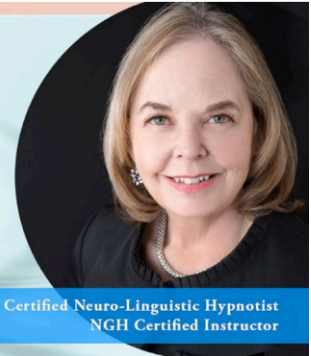




## Conscious living with subconscious principles



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### Lynn Swearingen\_Hypnotherapy Smoking Assessment

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Your Name:

Date:

I'm very excited to meet you soon on zoom — and even more excited to help you quit this toxic habit. You should be proud and excited — you're giving yourself an amazing gift.

BEFORE YOUR SESSION ... Be sure to throw away all cigarettes/tobacco and get rid of ashtrays, lighters, etc. Do it with confidence and feel great about your decision. As you destroy remaining cigarettes, say to yourself: "Smoking no longer works for me and I feel calm, confident and in control." (Repeat throughout the day) EVERY DAY before your session ... as often as you can ... close your eyes and IMAGINE life Smoke Free ...

Imagine you already are successful and at the end-game, enjoying the benefits you are looking forward to when you are free. You will discover you're already subconsciously taking control before we even meet because you are feeding your subconscious with the expectation that you ARE becoming smoke-free and enjoying life more. Always remember -- Your subconscious cannot tell the difference between what you imagine and what is real. Use this easy exercise to start telling it right now that you're done with smoking.

PLEASE answer the questions below before we meet.

#### REGARDING SMOKING HABITS/BEHAVIOR

Why do you want to quit?

What are the consequences of not quitting?

How many years have you been smoking?

Describe your smoking habits -- do you smoke regularly? infrequently?

Where do you smoke?  
at work?  
at home?  
socializing?  
alone or with others?  
other or all the time?  
(how often and how much)

IMPORTANT: What could you be doing instead of smoking during those times?

What do you feel is the most "pleasurable" or "important" smoke of the day?

IMPORTANT

List 5 benefits you are looking forward to enjoying when you quit:

1.

2.

3.

4.

5.

With regard to to your smoking behavior:

THOUGHTS: What are you saying to yourself and about yourself in moments before, during and after smoking? What is your internal dialogue?

EMOTIONS: While thinking those thoughts, what emotions are you feeling?

PHYSICAL: While thinking those thoughts and feeling those emotions, what are you feeling in your physical body?

Briefly, share any associations, patterns, triggers to smoking you are aware of so I can be sure to address your own unique needs.