

# SMOKE FREE SELF-HYPNOTIC SUGGESTIONS

**I am a non-smoker** and I feel in **proud**.

I am a non-smoker and I feel **confident**.

I am a non-smoker and I feel **in control**.

I am a non-smoker and I feel **free**.

I am a non-smoker and I feel **wonderful**.

I am a non-smoker and I feel **healthy**.

I am a non-smoker and **my body feels purified**.

I am a non-smoker and I feel **empowered**!

**There's always something better to do than smoke ...**

I give full attention to family and friends and I feel love and connection.

I \_\_\_\_\_ and I feel peaceful and happy.

I have time to \_\_\_\_\_ and I feel happy.

I \_\_\_\_\_ and I feel calm and relaxed.

I relax with \_\_\_\_\_ and I feel content.

**I have no desire to smoke while \_\_\_\_\_ and I feel in control.**

I have no desire to smoke while \_\_\_\_\_ and I feel **empowered**.

I have no desire to smoke while \_\_\_\_\_ and I feel  
**free and alive.**