



## HOW TO QUIT SMOKING IN ONE SESSION

### Lynn Swearingen Proprietary Process

The following steps have been proven a powerful and effective method to quit smoking in one session. I developed this process over several years of experimenting with various methods, finally creating my own unique process for smoke cessation.

Even hard-core smokers of many years successfully quit in one session using these steps. Watch the [Bonus Lesson: Smoke Cessation Training Video](#) for a detailed explanation of these steps, the reason behind each one, and their value.

DEMONSTRATION: An audio of an actual client session is included with this bonus lesson. Confidentiality of the client is protected. I chose this specific client as a demo for you, as she was particularly stressed and worried that she wouldn't be able to stop smoking. The significance of her success was clear, as she immediately referred a friend to quit smoking (he came in and he successfully quit too) and over time she referred 2-3 other new clients.

**The steps outlined below are important but, even more so, be sure to customize the session according to what you've discovered about your client in your intake conversations.**

1. INDUCTION – Start with a progressive relaxation induction. Smokers are anxious and nervous about quitting. Even highly motivated, they dread the possibility of withdrawal and even the possibility that hypnosis will not work for them. Help them to relax completely.
2. CALM THEIR THOUGHTS – whatever you choose to do to assist the client to quiet their mind is essential. You will notice I insert my favorite technique right into the middle of the induction (making use of thought bubbles like in a cartoon)
3. DEEPENER – Use a staircase deepener but, in this session, be sure to develop a staircase outside, in nature. This is important to support Step 4 of the process.
4. THE BRICK WALL – Lead the client down a lovey path in nature. As the client comes around a corner, there's a large brick wall; too wide on both sides to go around and too high to climb over. **"This wall stops you in your tracks – blocking your own sunshine."** Notice in the demo how this is developed. The client realizes they built this wall, brick by brick, cigarette by cigarette.
5. MEET UP WITH "NON-SMOKING (name)" – Bricks start to get pushed out from the other side. Develop this with curiosity, until the client can see that "Non-Smoking (name)" is breaking down this wall, brick by brick. "Non-Smoking (name)" has been waiting all these years to be invited back. The client is tremendously reassured to realize he wasn't always a smoker, that

his non-smoking self still exists, and that authentic part of the self has just been waiting for permission to come back. And this is the day! **The brick wall is a significant symbol of the blockages that need to be released. It must be demolished.** The subconscious responds to metaphor and symbolism. **This speaks to capability and confidence building.** (THE REVELATION AND ACKNOWLEDGMENT THAT THE NON-SMOKER WITHIN HAS ALWAYS BEEN THERE AND JUST WAITING FOR PERMISSION TO RETURN IS THE KEY ELEMENT OF THIS PROCESS)

6. DIRECT SUGGESTION – The client walks away, leaving “non-smoking (name)” time to continue the work of bringing that wall down. Find a place to sit and relax. Deepen a bit. However you choose to do it, it is essential to start developing the commitment to leaving this habit behind. **Emphasize CHOICE. It is their CHOICE, their COMMITMENT, and their DESIRE to stop smoking for their own benefit and wellbeing.** This must be firmly established before Step 8. BEFORE the theater technique, the client is already a non-smoker.

#### KEY SUGGESTIONS:

- *I am an ACTOR in my life, no longer a RE-Actor ... and I feel in control ... I AM in control.*
- *I make choices that serve me, choices that support me, and I feel empowered.*
- *I persist and succeed.*

Include suggestions on the  
“1<sup>st</sup> Step of Self-Hypnosis for Smoke Cessation”  
handout for reinforcement.

IMPORTANT NOTE: Be sure, if you are working with someone with other addictions, perhaps in a 12-step program, that you always say, “ONE DAY AT A TIME I say no to smoking.” One day at a time – you don’t talk about “never ever again”. This is a good practice, whether or not the client has another addiction. **“One day at a time” reinforces free will, the ability to make their own choices, and acknowledges the capability of making good choices and committed follow through.**

7. REFLECTION – As the client sits, reflecting on this clear choice to be smoke-free, a commitment already made to himself, **Certainty is established – this IS happening right now ... today.** NOTE: At this point, you have established within the client feelings of **capability, certainty, and confidence.**
8. NLP THEATER TECHNIQUE – (STUDY TECHNIQUE AND LANGUAGE IN THE DEMO SESSION) A large monitor or video screen emerges. A black and white movie begins to play. Black and white signifies it is fading away into the distant past – **“Just something you USED to do. That was then and this now.”** This is easy to reinforce, as the client is ALREADY a non-smoker, firmly established in Step 6. It is disturbing to watch this video of the younger self smoking their life away (build on this theme); because this isn’t who you are any more.

The client notices a tiny inset video at the top right of the screen, “in living color.” With **curiosity**, the client walks closer to see what that video might be. Closer to the screen, the

black and white image of himself smoking his life away is looming over him, like walking right up to a movie theater screen. The client sees the **top right video is a beautiful movie in brilliant color – inspiring scenes of coming attractions**. This is his future, his non-smoking self. (FUTURE PACING)

**He touches it with his hand and swishes it across the screen** (NLP SWISH TECHNIQUE) and the entire screen is filled with these beautiful scenes of the future. The old black and white video is destroyed, gone to the past where it belongs, and all that's left is this non-smoking future. **In this moment the subconscious KNOWS the old habit is gone and the new habit of being smoke free is firmly established**. At this point the subconscious will begin to help the client NOT to smoke. (BECOMING THE FUTURE SELF – The subconscious drops the Identity as a Smoker and creates a new Identity as a Non-Smoker)

9. MERGE – the client enjoys watching this future self and now floats up and **merges his awareness with his future self, experiencing this from the inside**.
10. BENEFITS –The client begins now to truly experience (feel, sense, imagine) receiving the benefits he's been looking forward to as a non-smoker. Spend time developing all the benefits they mentioned in their intake. (INCORPORATE IMAGERY AND ENHANCE SENSORY MODALITIES. The basic sensory modalities include light, sound, taste, temperature, pressure, and smell.)
11. AUTHORITATIVE SUGGESTION – this is the time to firmly establish deep roots to the new identity as a Non-Smoker. You might use some of the suggestions in the Shawn Brookhouse script provided as a resource *(not all of it, as it isn't necessary and would make the session far too long)*.
12. CRAVINGS/URGES – provide a plastic garbage bag and allow the client to scan inside his body, mind and spirit to find all associations to smoking and to remove them. There is no need to experience excessive cravings or urges because the body never wanted that smoke and is very pleased to be smoke-free. Cravings and urges go into the bag first. Emotional attachments to smoking go next. And finally, self-limiting beliefs that smoking is associated with any notions of pleasure or need. All into the bag. Get rid of it as you choose. Associations and Patterns are broken and released. (FREEDOM)
13. BLACKBOARD TECHNIQUE – Optional: you may or may not choose to do this, depending on how long the session is going. It takes about an hour to go through these steps, but don't let it go beyond an hour. If there is time, have the client write the word PLEASURE on the board, and then carefully erase one letter at a time, taking great care. Then erase, erase, erase ... get the blackboard completely clean. Step back and know that all associations of smoking with pleasure are now gone. Do the same thing with the word NEED. All associations of smoking with any notion of pleasure or need have been erased ... gone. ***(If you don't use Step 13, be sure in Step 12 to put all associations of smoking with pleasure and need into the garbage bag for release.)***
14. REUNITE WITH "NON-SMOKING (NAME)" – The work is done. Now the client gets up and walks back the way he came, along that beautiful path in nature. He comes around the corner

and sees the remnants of the wall, piles of broken bricks, and “Non-Smoking (name)” smiling, stepping over the remnants of the wall. It is a joyful meeting. They run to each other and embrace. “Non-Smoking (name)” is finally free and the client overjoyed to be united with him again. The client shakes hands with his non-smoking self and makes a sacred promise that he is done and invites his non-smoking self to merge with him again, both fully reunited once more. **This is a profound signal to the subconscious that the client is now a committed non-smoker.** It is reinforced that the client always keeps his promises.

15. EMERGE with congratulations, with reinforcement, encouragement and excitement. Empower the client. At appropriate places throughout the session but especially emerging. Let the client know he has control and *“For longer and longer periods of time you forget about smoking ... You forget to remember to smoke ... you forget about smoking ...”*

**CONGRATULATIONS! YOU ARE A NON-SMOKER.**