

Stop Smoking Script

by Don Mottin

Smoking depresses the immune system. You may have noticed during the years since you started smoking that you seem to be more susceptible to colds, the flu and other minor illnesses - but now that you are becoming a non-smoker, your body can begin to restore, renew and re-activate its natural defenses - you will have a new, stronger, healthier immune system with every day you gain as a non-smoker, with every moment that passes as a non-smoker. Longer life is yours. More free time is yours. So many people have reported greater self-esteem, more peace of mind, greater clarity of thought - I wonder if you can imagine yourself as one of them? I wonder if you can feel the sense of pride and unquenchable delight that they have in their new bodies and minds.

If in the past, when things seemed out of control in your life, you gave control to cigarettes... disconnect. Take back control of your life - feel the unlimited sense of balance and harmony you can experience when you, personally, begin to captain your own ship... when you take hold of the reins and turn your life in a direction you choose. So many people speak of their new sense of self-confidence, that low hum of inner power that comes with being free from cigarettes. Their houses are clean; their cars are fresh and clean. They are never nervous or worried about their next cigarette. They are calm, comfortable, relaxed and poised because they are free. In restaurants, they sit wherever they want. In business they are calm, self-assured and in control - they are not pulled this way and that.

By joining me you have also joined them. You have chosen freedom. You have chosen health. You have chosen life. Imagine how small the world of the smoker is. Think of all the places a person who is smoking cannot go. (Pause.) Now see the world of the non-smoker as it expands. Doors are opening, friends are gathering. The world of the non-smoker is filled with supporters and well-wishers. Just imagine all those who would be proud of you the day you set your cigarettes aside! Imagine those who care about you and how they used to be affected by your smoke. (Pause.) How did they feel? (Pause.) Now imagine how they will look when you toss your cigarettes away when you really quit smoking, because as you free yourself, you free them as well.

Now, best of all, cast your thoughts forward to a time in the future, 5 years, 10 years. For all that time you have been smoke free your body is stronger, your thoughts are clearer - it's almost like a miracle. You have done a remarkable thing. The moment

you stopped smoking, minutes, hours, days and even years were being added to your life. Looking backward from ten years in the future, perhaps you smiled at the memory of the first few days you spent as a nonsmoker. Perhaps you felt a little uncomfortable in your new role of being absolutely in control. You had heard that some people experience no discomfort at all - they just quit. For them it was so simple. You had heard that other people pointed with pride to the mental aches and throbs they said were like the aches you feel after a good aerobic exercise - they really earned their mental, muscle. And you had heard about those people who were so filled with childlike enchantment with all their newfound powers that the notion of ever picking up a cigarette again never occurred to them. They enjoyed the taste of food as never before. They reveled in the fragrances which always hovered in the air around them, but which they hadn't really smelled in years. By creating a smoke-free environment for themselves, they also protected their families, their children, their friends. They were ecstatic with their new, younger, stronger bodies, their clarity of thought, their surprising staying power, their health. And as you look back from ten years in the future, perhaps you remember having experienced a little of what all these different kinds of people felt - but in your own way... . And that was the real secret, you did it your own way. That was the secret of your success all those years. You made choices. You decided, you were in absolute control. Actually, you may have been surprised how easy it was. Oh yes, you earned everything you gained, but there were no challenges that were beyond your capacity. You felt right and in control every step of the way. The same power you once used to pick up a cigarette is the same power you now use to free yourself from them.

And you taught yourself a little "post-hypnotic" trick. Imagine with me right now a situation in which you used to smoke. It has been a rough, challenging day. You reach for a cigarette to help you calm down, but this time you use the cigarette instead of letting it use you! You use the cigarette in a very special way. Imagine that instead of lighting the cigarette, you take a deep breath and break the cigarette in half. And as you break the cigarette in half, exhale and say, "No thanks, I can live without it," Say those words to yourself now. "No thanks, I can live without it." And as you say it you feel a delicious sense of serenity, tranquility, peace and balance flow through you, clearing your thoughts, relaxing your body.

Try it now. Visualize yourself taking a deep breath, breaking a cigarette, exhaling and saying, "No thanks, I can live without it," and you feel wonderful - calm, poised relaxed and in control. "No thanks I can live without it," and you feel great! This is your new personal, secret suggestion... no one need ever know that it is your powerful coping tool. Pride, joy, health, long life, and strength are yours to reclaim as you release and relax. Release, relax and dream beautiful dreams...

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