



The following script was written by Shaun Brookhouse, a psychotherapist, a clinical hypnotist, and trainer for the National Guild of Hypnotists. This script is authoritative, and I find incorporating my favorite sections of this into my smoke cessation session provides powerful encouragement and reinforcement to the client.

Smoking Cessation Script

Seminar 11123 — **SMOKING CESSATION FOR SUCCESS** with Shaun Brookhouse

You told me that you wanted to...**BREAK THE SMOKING HABIT...**and...**BECOME A NON-SMOKER...BECOME A NON-SMOKER...**and because it is your wish to...**BECOME A NON-SMOKER...**that is why...**YOU STOP SMOKING...NOW**www...and for ever and ever...it was your decision to...**STOP SMOKING...**and you have...**NOW**www...broken the smoking habit for ever and ever...because it is your decision...and you are pleased that...**YOU ARE NOW A NON-SMOKER...**when you first started to smoke...when you first inhaled tobacco smoke...you felt dizzy...wanting to cough...because your body did not like...did not want that smoke...but you persisted...and finally your body accepted the fact that...you were going to smoke...and smoking became a part of your life...and when later on you wanted to stop...you found it difficult to stop...because your body did not know...did not understand...that you were stopping...but in the trance state...your unconscious mind now understands...that you no longer smoke...and your unconscious mind can communicate that fact...to every part of you...so that your body knows too that...**YOU ARE A NON-SMOKER...**and your body will be pleased that...**YOU ARE A NON-SMOKER...**and since your body always knew how to...**ENJOY LIFE WITHOUT SMOKING...**there will be no withdrawal symptoms at all...far from it...your body never liked that smoke...does not like it now...and it never will...and now that...**YOU ARE A NON-SMOKER...**your body will be pleased that...**YOU ARE A NON-SMOKER...**so I want you to understand that...of course...in the past...you used to smoke...and that as far as you are concerned...smoking for you is in the past...no longer a part of you...just a memory...a gradually fading memory...you go through your daily life...and for long periods of time...**YOU FORGET ABOUT SMOKING...**even when you see other people smoking...smoking means nothing to you...it is a fact of life that other people smoke...and other people smoking means nothing to you...and if anybody offers you a cigarette...or you are asked if you smoke...you will be pleased...and delighted to say...**I DON'T SMOKE...**and each time you say that...your determination to...**REMAIN A NON-SMOKER...**will be reinforced...in any event...

I am going to suggest to your unconscious mind...that you will have...**NO DESIRE TO SMOKE...**and I would like your unconscious mind to...make these suggestions a part of you...a part of your inner world...so that you will have...**NO DESIRE TO SMOKE...**when you wake up in the morning...**NO DESIRE TO SMOKE...**when you lie in...or when you get up and out of bed...**NO DESIRE TO SMOKE...**with your first cup of tea or coffee or whatever you have in the morning...you will have...**NO DESIRE TO SMOKE...**getting yourself ready in the morning...**NO DESIRE TO SMOKE...**after your breakfast...and when you stay in...no matter what you do...where you are...or who you are with...**YOU HAVE NO DESIRE TO SMOKE...**and when you are out-doors...**YOU HAVE NO DESIRE TO SMOKE...**and...**YOU HAVE NO DESIRE TO**

SMOKE...when you are travelling...and it doesn't matter...if you are travelling in a car...bus...train...plane...boat...even if you are walking...YOU HAVE NO DESIRE TO SMOKE...and...YOU HAVE NO DESIRE TO SMOKE...when you are working...it doesn't matter what the work is...as you know...a great deal of our work is routine...YOU HAVE NO DESIRE TO SMOKE WHEN YOU ARE WORKING...at other times work can be exciting...and...YOU HAVE NO DESIRE TO SMOKE...since you wish to give you undivided attention to your work...and when there are problems at work...YOU HAVE NO DESIRE TO SMOKE...smoking would only prevent you...from giving all of your attention to that problem...and it doesn't matter if there are people around you...YOU HAVE NO DESIRE TO SMOKE...when you are working...YOU HAVE NO DESIRE TO SMOKE...after a meal...and I want you to know that...you won't be putting on any extra weight...because you won't be substituting food...or anything else...for the cigarettes you left in the past...you substitute nothing...if anything...you'll have better control over your eating habits too...YOU HAVE NO DESIRE TO SMOKE...when you are drinking or socializing...be it family...friends...colleagues...or total strangers...YOU HAVE NO DESIRE TO SMOKE...when you are drinking or socialising...and that's all there is to it...you know that you are a non-smoker...which means that you don't smoke...you will never touch tobacco in any form...ever again...you will never touch tobacco in any form whatsoever...like every ex-smoker...you will have the occasional thought about smoking...and as a non-smoker...you will treat that thought like a passing fancy...no need to fight the thought...your mind will soon wander onto something else...so you...FORGET ABOUT SMOKING...sure in the knowledge that...YOU ARE A NON-SMOKER...which means that...YOU NEVER SMOKE...if you bother to think about it at all...you think of all the wonderful benefits...that you are now enjoying as a non-smoker...the money you find in your pocket...the social advantages...above all...that wonderful feeling of well-being... the feeling that tells you that... YOU ARE FREE...free of the burden of smoking...the burden of smoking that you left behind in the past...and you will enjoy the feeling of freedom that comes from being a non-smoker...and now that you are no longer deliberately introducing tobacco smoke into your body...your health receives a boost...in fact...you will become physically fitter and healthier in every way...another marvellous benefit is that...your head will clear...and that means that...your mind becomes clearer and clearer...allowing your body to become...more and more relaxed...every day...and you will become so much more relaxed...not only in your body...but you become more relaxed about yourself...about the world around you...and the days...and weeks...and months go by...and you become ever more clear in your mind...ever more relaxed in your body...now that you are a non-smoker you will find that...you are coping better...with anything...anybody...and any situation you have to handle in your daily life...because you are coping more calmly...more relaxedly...and more confidently...you are going to have greater self-control...in other areas of your life too...greater control over the way you think...feel...and greater control over the way you do things...over the way that you behave...altogether...you will feel as if a weight...a burden...has been lifted...and it has...the burden of smoking that you left back in the past...where it will remain...for ever and ever...