

# Non-Smoking Script, "Benefits Approach"

by C. Roy Hunter, M.S., FAPHP  
Certified Hypnotherapy Instructor

Before hypnosis, ask your client to imagine it is one year from today, and he/she has gone one full year without smoking. We are all tuned in to "WII-FM" (the call letters for **What's In It For Me?**). Now ask your client to tell you several important benefits he/she now enjoys for being a successful non-smoker.

List them on a sheet of paper, which you will give to your client after the session. (Make a copy for yourself for reference in a followup session.) For detailed instructions on the Benefits Approach, refer to Chapter 3 in THE ART OF HYPNOTHERAPY (2nd Edition, Hunter, Kendall/Hunt, 2000). Ask your client to identify the most important benefit, and put an asterisk or checkmark by it. After other appropriate pre-induction discussion, begin the formal hypnosis session.

Use appropriate induction and deepening...

**Now imagine this is one year from today, and you have already been a totally tolerant non smoker for one year. Your lungs reward you for the fresh air you give them and you love how you feel physically, mentally, and emotionally.**

*Make sure your client's list of benefits is within easy reach. At this time, suggest all the client's stipulated benefits in ways which make him/her feel good, incorporating as many of the five senses as possible. Use programmed imagery. Help the client to establish a positive emotion towards the benefits.*

**Now imagine your MOST IMPORTANT BENEFIT SO VIVIDLY that you feel as though you already enjoy success. [Slowly!] Imagine your benefits . . . SO VIVIDLY . . . that you feel . . . as though . . . you already . . . enjoy . . . SUCCESS! If you choose these benefits for yourself, then indicate that choice right now by moving one of your index fingers.**

*Wait up to a minute for the ideomotor response, then repeat the suggestion if necessary. If client fails to give an ideomotor response after two attempts, then you might have to use another hypnotherapy technique or you may consider awakening first and asking the client to reconfirm whether he/she is ready to quit totally, or wishes to simply control the habit in which case you need to deal with the request appropriately.*

*Once you have the appropriate ideomotor response, then continue...*

**You have used your power of choice to choose your benefits. The terms are so simple... you simply use that same power of choice to choose one deep breath any time an old light up trigger occurs, allowing one deep breath to become a totally satisfying replacement for yesterday's fair weather friend. The physical replacement for yesterday's breath of smoke is one deep breath of air. The mental replacement for yesterday's urge**

is your new friend, **FREEDOM** to focus your mind or imagination on whatever you choose, because you love your power of choice.

You **LOVE** your power of choice. And like a muscle that's used becomes stronger with use, your power of choice becomes stronger with use. Imagine using that power of choice right now by imagining a situation that used to trigger a light up. Now take a deep breath and **RELAX... CHOOSE** something fun, enjoyable, beautiful, or pleasant to imagine. Indicate you have successfully done that by moving a finger.

*Wait for response.*

**Very good.** Like a muscle that's used becomes stronger with use, your power of choice becomes stronger with use. And every time you take that deep breath, it becomes easier and easier to choose the deep breath instead of the old slave master.

You are a non smoker now, because the **BENEFITS** are so satisfying, and you **LOVE** your power of choice! Now once again imagine another old light up trigger. As you do, take a deep breath and **RELAX**. Now imagine something fun, enjoyable, beautiful or pleasant. As you do, you are already practicing your ability to use your new power and friend, **FREEDOM**, to be a non smoker.

When you use your power of choice to focus your mind on whatever you choose, yesterday's urges are simply forgotten... fading away into the mists of time, vanishing into the fog of forgetfulness, replaced with your new friend, **FREEDOM... to focus your mind, thoughts or actions on WHATEVER YOU CHOOSE**, whether at work or play, at home or away from home, alone or with others. You have the power of choice. You **LOVE** your power of choice, and it was **YOUR CHOICE** to become a non smoker... and it is **YOUR CHOICE** to put your mind or imagination on **WHATEVER YOU CHOOSE**. And **YOUR DECISION** is bringing you the benefits you have chosen...

*At this time, suggest all the client's stipulated benefits once again, in ways that makes him or her feel good. Help to establish a positive emotional attraction towards the benefits.*

Now imagine your **MOST IMPORTANT BENEFITS SO VIVIDLY** that you feel as though you already enjoy success. [Speak slowly and with feeling!] Imagine your benefits... **SO VIVIDLY... that you feel as though you already... enjoy . . . SUCCESS!**

You have chosen the benefits because you absolutely deserve them. **KNOW** that you deserve the benefits. You **LOVE** your power of choice and every day it becomes easier and easier for you automatically to take that deep breath at times you used to light up. And as you do, you feel more and more like a non smoker with each passing day, as the deep breath becomes a **TOTALLY** satisfying replacement for yesterday's fair weather friend. Your new friend, **FREEDOM**, becomes so much more satisfying that you simply allow your subconscious to accept that you are now a non smoker simply because you chose to be, and you love your power of choice.

**And now, as I give you some silence, once again imagine your success SO VIVIDLY that all of these ideas and suggestions simply go deeper and deeper into your subconscious, becoming a part of you simply because you choose them. And when you again hear my voice, it will be almost time to come back.**

After a brief silence, tell client to remember what was rehearsed in imagination, and then awaken properly.

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Roy Hunter was trained by the late Charles Tebbetts, who also certified Roy as a Certified Hypnotherapy Instructor. He was inducted into the International Hypnosis Hall of Fame in 2000 for his written contributions to the hypnotherapy profession, and was also the recipient of Charles Tebbetts Award from the National Guild of Hypnotists in 2001 for spreading the light of hypnosis. Roy is the author of several respected books, as well as the official FAQ on the alt.hypnosis newsgroup. His books are recommended by numerous hypnosis instructors around the world. Roy was honored in 2005 by the NGH with the "Order of Braid" for lifetime achievement in the field of hypnosis.

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