



The Script Collection

a resource for therapists

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Quit Vaping

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About The Script Collection

The Script Collection is a resource for professional and trainee hypnotherapists. Scripts are useful as a source of ideas and approaches which can be adapted to suit the needs of individual clients.

We do not recommend that scripts are read verbatim.

The design of The Script Collection has been specially devised to enhance the benefits of this resource. Ample space is provided where you may write your own notes, comments and adaptations.

A number of special conventions have been adopted to make the scripts easy to use and study.

The first part of each script, in which the therapist is preparing the ground for the trance work to follow, is formatted as standard prose, and is intended to be delivered with normal tone and pace.

The trance script that follows is formatted so that line breaks mark suggested phrasing and pacing.

Silences play an important part in trance work, and pause markers indicate different lengths of pause as appropriate. Each coloured block indicates approximately 10 seconds.

Examples:

 Pause [approx 10 seconds]

 Pause [approx 30 seconds]

Words and phrases requiring special emphasis are marked in bold text with a highlighted background.

Example:

your unconscious mind takes ***care of things*** in that time

Studying the content and structure of these highlighted phrases will be particularly helpful to the therapist who wishes to develop their own skill in devising helpful suggestions.



Quit Vaping



Anyone who has experienced some form of addiction knows how easy it is to come up with excuses to continue the addictive behaviour. One of the classic examples of this is when people tell themselves, “Just one more, I’ll have just one more and then I’ll stop.” And the same is true for vaping. People try to persuade themselves that vaping helps them relax, concentrate, or cope with stress. And they also try to rationalize away the risks by telling themselves that it’s not as harmful as smoking cigarettes.

But when you look at the whole pattern of vaping from the outside, all of these rationalizations begin to sound rather dubious, like they are superficial excuses that someone is using to justify what is fundamentally an irrational compulsion that’s driven by emotion, not logic.

Studies into people who have completely given up nicotine in all forms have shown that people actually experience significantly lower stress levels once they have totally freed themselves from their addiction. And this makes sense, because nicotine is a stimulant; it stresses the system and pushes you to feel agitated and restless when you’re without it. The addictive properties of nicotine mean that if you haven’t dosed yourself with the drug for a few hours, you tend to feel tense, deprived, and like your body is itching to have more of the drug. So, by repeatedly dosing yourself with nicotine throughout the day, the sense of relief you experience isn’t genuine relaxation at all, it’s just the temporary alleviation of an addictive craving, which reinforces the cycle of addiction.

There are also definite health risks associated with vaping, ranging from the way that nicotine damages the cells of the heart to the way that some e-cigarettes have been found to generate formaldehyde and to the safety of the flavourings that are often used in the vapour, many of which have been found to be highly damaging to the lungs and the cells of the immune system.

A vaping compulsion also steals away from your psychological wellbeing. It forces you to feel dependent on a synthetic drug and, much like an abusive partner, it tries to persuade you that you can’t relax and enjoy your life without it.

But the truth is that once you've flushed all of the chemicals associated with vaping out of your system and once you've flushed those old addictive thoughts out of your mind, you'll feel so much better in yourself: calmer, clearer, more in command of yourself, and better able to direct your focus in the way that you want to. And that's exactly what the deeply relaxing, hypnotic part of this session is going to help you do.

Now
as you prepare to *relax very deeply*
you can just close those eyes
if you haven't yet
and as you follow along comfortably
to the sound of these words
you can allow yourself to *settle back*
and to settle down
a little bit more
with each and every out-breath

 Pause

And for the next few minutes
I'd like you to begin to practice
a technique called three-five breathing
and this is where you slowly count to three
as you breathe in
and then you slowly count to five
as you breathe out
so right now
just breathe all the way out
that's it
emptying the lungs
and then breathe in
two
three
and then out
two
three
four
five
breathe in
two
three
and then out
two
three

four
five
breathe in
two
three
and then out
two
three
four
five

 Pause

That's it
and just *find your own rhythm*
and *find your own pace*
in a way that feels comfortable
and right for you

 Pause

Allow each in-breath to be full and deep

 Pause

Allow each out-breath to be slow and smooth

 Pause

Because it's especially through
that long
slow out-breath
that the body naturally experiences
a wave of *comfort* and *release*

 Pause

It's through slowly and smoothly breathing out
that a growing sense of relaxation
flows all the way down through the body

■ Pause

And each time you *slowly and smoothly breathe out*
the facial muscles can *soften*
and the shoulders can *loosen*
a little bit more

■ Pause

That's it

■ Pause

And you can just *notice which hand is the most relaxed hand*

■ Pause

And you can *notice which foot is the most relaxed foot*

■ Pause

As you begin to *let go*
more and more deeply
into comfort and *rest*

■ Pause

And the relaxation that comes
from *breathing slowly and deeply*
like this
is a natural ability within you
it's something your body knows how to do
and you can *breathe deeply like this*
more frequently

throughout the day
and *feel more and more relaxed*
each time you do so

 Pause

And if you'd like to continue counting
in for three
and out for five
you can continue to do so
until you naturally
begin to drift
into a wonderfully deep state of relaxation and *rest*
or the part of your mind that was counting
can have a good rest
as you allow yourself to begin to drift
right now
knowing that your inner mind is close enough to hear
and that you can *make deep and lasting changes*
in other than conscious ways

 Pause

That's it
and as I count from five to one
you can allow yourself to *relax more and more comfortably*
and completely
with each and every number
and *five*
just seeing the number five in your mind
and allowing it to *dissolve away*
and making way
four
that's it
you
can
can you not
allow yourself to *let go*

and to float down into
a deeper and deeper sense of peace and tranquillity
naturally and effortlessly
as you *relax*

three

times deeper

and deeper inside
this complete sense of peace and wellbeing
and begin to drift in

two

a wonderful
state
that's it
two
times deeper still
all the way down now
wondering
and wandering
down to *one*
to this place of complete peace
and calm

 Pause

And as I talk
your inner mind can listen
just as you can dream dreams at night
without ever consciously planning those dreams

 Pause

And your inner mind knows
deep down
that you are
and have always been
free to be yourself
free to be you
without needing an external crutch

without needing to force a synthetic vapour into those lungs
and that synthetic vapour
is separate from who you really are
it's not something you ever needed
when you were a newborn baby
it's not something you ever needed
when you were playing as a child
it's not something you ever needed
when you were sleeping as a child
and throughout your childhood
and your adulthood
your lungs have been working for you
with absolute loyalty
and dedication
day and night
working on your behalf
and if those lungs were given a voice
if they were given the right to speak up
and to speak out
then you can really begin to listen now
to what those lungs would say about that vaping

■ ■ Pause

Because chemical-laden vapour
and smoke in general
is something those lungs naturally avoid
those lungs *seek out clean*
fresh air
those lungs want to *breathe freely*

■ ■ Pause

Just as that body wants to be allowed to do its job
freely
effectively
not having a strong stimulant drug
agitating the cells of the body

not having toxic chemicals
interfering with the effective functioning of the brain and the body
and the whole body-mind system
can begin to *strongly rebel against*
and resist that vapour now
to actively begin to *flush it all out*
to *flush it out of the body*
to *flush it out of your mind*
to *flush it out of your life*

 Pause

With each and every breath
flushing it out
clearing it out
clearing away all the old compulsive thoughts
clearing away all the old rationalizations
flushing them out
clearing them out
freeing yourself from them
more and more with each and every out-breath

  Pause

As you begin to experience a sense of absolute clarity
about that old vaping habit
seeing it an unnecessary agitation
that has been stealing away your psychological wellbeing
stealing away your integrity as a human being
and stealing away from your physical wellbeing too
and it's time to *flush it all out*
for good
so that the very thought of vaping
now becomes externalized from you
separate from you
detached
outside of you
further and further

the devices
the synthetic smell
the adverts
shrinking down
externalized from you
being cleared out
cleared out of the body
cleared out of the mind

 Pause

And when someone outgrows an old habit
something that no longer fits who they are
there comes a point
when you *forget to remember*
what it was even like
to not be able to forget
the old thoughts
about what it was you used to have been
so preoccupied with back then
when it wasn't
something you now know you've already
decided
deep inside
that *enough is enough*
and that it's time
to *put that old pattern behind you for good*
just as you have
been doing here
and now
as you're listening to
these words
can guide you
into the reality of it being
a year from today
is the day
here
a year in the future

twelve months
fifty-two weeks
to look back on
having been completely free
from that old synthetic vapour
free from those funny devices
free from that old compulsive trap
that you had been stuck in
way back then in the past

 Pause

And here in the future
those lungs can *breathe a real sigh of relief*

 Pause

That's it
and the whole body can *breathe a real sigh of relief*
as you enjoy this clarity
this wellbeing
this calm confidence
this deep sense of integrity
and self-command
as you realize it was all so much simpler and straightforward
than you ever imagined it would be
to rediscover that you can *focus and concentrate*
that you can *relax and unwind*
that you can *chat and socialize*
freely
confidently
being who you are
and that no props are necessary
that you can *relax as who you are*
and *live your life as who you are*

 Pause

And I don't know exactly how it was
that you got rid of the vaping equipment
how you reclaimed your freedom to *live your life*
completely free from that old synthetic vapour
I don't know how it was
that the old habit just naturally fell away
over a matter of hours or days
as it became something that no longer fit
who you are as a person
but your inner mind
can get an instinctive
intuitive sense of exactly how that happened
looking back from a year in the future

  Pause

That's it
and you can notice how the brain and the body
are working more and more efficiently and optimally
here in the future
as you *take even better care of yourself*
and like this
you can realize how unnecessary that old crutch was
how it used to try
to make you think that you needed it
but it was conning you
it was stealing from you
stealing your mental and physical wellbeing
trying to make you think you needed it
and now
it's gone
and so has all of the old compulsive agitation
it's all gone

 Pause

And you're free to be you
free to live your life

with a deep sense of confidence
integrity
and wellbeing
wellbeing in the lungs
wellbeing in the heart

 Pause

And it can *feel very good*
to *breathe freely*
to *relax as who you are*
as you experience a whole day
here in the future
completely free from that old habit

 Pause

Gliding through the morning
the afternoon
and the evening
completely free from that old habit

  Pause

And it can *feel so very good*
to realize you don't even have to think about it
because you're free
completely free
to *get on with living your life*

 Pause

And you can notice how
the more you look
for the old compulsive thoughts about vaping
the more they're not there
that they're just gone
and that any old thought about that old vaping pattern

immediately dissolves away
into space
into the freedom
of being yourself fully
as you *instinctively take a slow
deep breath*
and relax even more calmly and comfortably inside
into a natural
genuine experience of calm and ease

 Pause

And you can *bring this inner freedom with you
all the way back into the present*
as you *integrate these changes*
at each and every level of your being
now
in a way that works just right for you
that's it

  Pause

And you can *listen to this session often*
and you can *free yourself from that old vaping compulsion
more and more thoroughly and completely*
each time you listen
and for now
it's time to prepare to come all the way back
to full alertness
back to the here and now
as I count from one to five
and one
you can just notice the position of your body
and the sensation of whatever it is you're resting on
that's it
two
feeling refreshed and alert
and three

you can begin to *come all the way back now*
that's it
four
feeling very good
and five
and you can *have a nice stretch*
that's it
and whenever you're ready
you can open your eyes.