

SCRIPT
Change Smoking Beliefs
by David Mason

End the belief that you can't stop smoking

Many people want to stop smoking but are convinced that they won't be able to. In most cases it is this belief that stops people stopping. If they believe it, then they either won't try, or they will abandon their attempts to give up at the first tiny setback. This will just confirm their belief and make it stronger.

This script is aimed at altering that belief. It does it by making the person aware of other strong beliefs that they have had, and how these were changed once they realized that the belief was not true. Hypnosis is an excellent way to get people to totally change their belief in their own ability to stop smoking.

Changing a belief about smoking

	Countdown induction	
	Now shrug your shoulders and get comfortable... that's fine.	relax the body
	Now take a deep breath... and then just let it go...	
	take another deep breath... and... Hahhhh....	
	One more breath and just allow your eyes to close... that's right...	
	Now focus your attention on your breathing... become aware of the gentle in and out of your breath... focus on the breath out ... and as you breathe out... just think to yourself...	Breathing induction
	Relaxing more and more... [pace with breathing] ... relaxing more and more... relaxing ...	lots of time to respond
	and just become aware of how relaxed your body can become...	I
	and as you relax... become aware of the air going into your body...	Bind
	become aware of the air in your nose... and notice how it feels... notice how far down you can feel that air... you can feel it inside your head... you can feel it going down the back... really focus your attention on that... think about that and relaxing all the time...	Focus of attention
	and then just imagine what it would be like if your arms and legs were so tired.. so heavy... that you just can't move them... as if they were made of lead or stone... heavy and tired... and think about the whole of your body ... heavy and tired... and relaxing...	Kinesthetic induction
	and then imagine the whole of your chest and spine has gone like jelly... loose and soft like butter... on a warm day... and imagine being out somewhere on a warm day... lying on the grass perhaps.... or on a warm beach... someplace nice... someplace where you can relax... and let go now....	
	some place where you can be completely... relaxed.... on your own.. and imagine the warmth of the sun on your skin, the gentle breeze... the sounds around you beginning to fade... the whole of your body... very relaxed.. completely at ease.. that's right...	

	and I wonder if you can imagine a big old house somewhere.... the kind of house that generations of people have grown up in... and you can go into that house.. safe and warm and comfortable... in that house there is a corridor going down... and imagine now drifting down that corridor... drifting down... into a warm dark safe place... and as you go down that corridor you begin to realize you are looking for one particular room.... and in that room there are steps going down and each step will take you deeper and deeper, more and more relaxed... and there are ten steps and as you go down each step you get more relaxed... more at ease... and so going down those steps now... [pace with breathing, or with every second breath] TEN... and NINE more and more relaxed... and EIGHT deeper and deeper ... and SEVEN down and down and SIX letting it all go... and FIVE ... and FOUR ... relaxing more and more ... and THREE deeper and deeper... and TWO ... and ONE... and after one there is just zero ...	Countdown induction
	and imagine now drifting floating, swirling... going down into the centre of that dark velvety place... down and down to a place where nothing matters.. where you don't have to think, you don't have to listen... everything is completely relaxed... that's right... you are doing very well and from now on every sound you hear will take you deeper... down and down.. drifting away... and you can allow your mind to wander off... it doesn't matter... nothing matters... the only thing that matters is enjoying this deep deep relaxation... every breath is relaxing you more... as you go deeper relaxed now... deeper and deeper. Just take a moment to enjoy that feeling.	
	[do an eye catalepsy test for trance]	
	Metaphor for changing belief	
	and those eyes are telling you something important... those eyes are telling you that you can control parts of your body that you didn't know you could control... and that's because you can control parts of your mind that you didn't know you could control...	Resource
	and that's because you have a strong mind... and that strong mind of yours is what is causing your problem... that strong mind of yours is holding a belief...	paradox
Capability	But that strong mind is also going to give you the solution to your problem, because you need a strong mind to make that change... and you have a strong mind... so you can make the change...	Hypnotic logic
	and that is what you can have... because that strong mind of yours will not let anything stand in your way once you tell it exactly what you want.	
Memory	I want you to think back... to a time long ago... when you were little... when you were a child...	
	when you were little you believed in Santa Claus, didn't you?	
	Every child believes in Santa Claus, if only for a short time. Children believe in Santa Claus because everyone tells them it is true. And they do get gifts, so it must be true... .	
	But one day, you realize that it is just some old man in a beard, that Santa isn't real.	

	and at that moment, you cease to believe in Santa Claus. One moment you do believe, and the next moment you don't.	
	And that is how it is with beliefs. One minute you are totally convinced, and then the next minute you see that you have been misled, and you no longer believe.	
	and the thing is, no matter how long you believed it, or how much you believed in Santa Claus, once you see it, you can longer believe in it, and nothing would make you believe in Santa Claus again.	
	and that is like smoking. You have had a belief that you can not give up smoking. You have had this belief for a long time.	
	But now it is time to see it for what it is... a belief based on a false assumption...	Reframe
	[and continue with direct suggestion]	

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