**Text, application

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CLIENT PREP FOR SMOKE CESSATION

**NOTE: I SEND THIS EMAIL AFTER I HAVE THE INITIAL PHONE CONSULTATION WITH A NEW CLIENT AND A SESSION IS SCHEDULED TO STOP SMOKING.** I will explain how I use this information during Zoom Q&A.

BEFORE YOU COME IN ... Be sure to throw away all cigarettes/tobacco and get rid of ashtrays, lighters, etc.

Do this with confidence and feel great about your decision -- as you destroy the remaining cigarettes, say to yourself:

                  "Smoking no longer works for me and I feel calm, confident and in control."

As often as you can between now and your session ... close your eyes and IMAGINE life as a nonsmoker ... Imagine you already are successful and at the endgame, enjoying the benefits you are looking forward to when you are smoke-free. You will be well on your way before you walk in the door or turn on Zoom, already feeding your subconscious with the expectation that you are becoming smoke-free and enjoying life more. Always remember -- Your subconscious cannot tell the difference between what you imagine and what is real. Use this easy exercise to start telling it right now that you're done with smoking.

WHAT WOULD BE MOST HELPFUL is for you to answer the questions below before we meet.

REGARDING SMOKING HABITS/BEHAVIOR

Why do you want to quit?

What are the consequences of not quitting?

How many years have you been smoking?

Describe your smoking habits -- do you smoke regularly? infrequently? (how often and how much)

Where do you smoke? at work? at home? socializing? alone or with others? Other, or all the time?

IMPORTANT: What could you be doing instead of smoking during those times?

What is the most "pleasurable" or "important" smoke of the day?

IMPORTANT: List 5 benefits you are looking forward to enjoying when you quit:

1.

2.

3.

4.

5.

With regard to to your smoking behavior:

THOUGHTS:  What are you saying to yourself, about yourself, in moments before, during and after smoking? What is your internal dialogue?

EMOTIONS:  While thinking those thoughts, what emotions are you feeling?

PHYSICAL:  While thinking those thoughts and feeling those emotions, what are you feeling in your physical body?

Briefly, share any associations, patterns or triggers to smoking you are aware of so I can be sure to address your own unique needs.

That's it – you are already well on your way to becoming smoke free!  🙂