

# **New Behaviors of a NonSmoker**

Your custom hypnosis program requires that you identify all of the triggers that have you light up. Once identified, we then need to find replacement behaviors that are in resonance with your personality.

For instance, some people will chew gum instead of lighting up. This is excellent psychology, especially when embedded with powerful posthypnotic suggestions (which we will do). If chewing gum is something that you never do or have no interest in, then we can say that this replacement behavior is not in resonance with who you are.

The idea here is to find something that comes naturally to you or aligns with your personality. For instance, if you enjoy listening to music, this would be an excellent replacement behavior that is in complete resonance with your mindset. So, instead of lighting up, you would listen to music instead.

These new behaviors will be downloaded into your subconscious mind so that if and when you get the urge to light up, you will automatically (as if by habit) engage the new non-smoking behavior. It will feel natural, effortless, and seamless.

Below is a full explanation of how to identify your triggers and create replacement behaviors.

## **5 Steps to Success!**

### **STEP 01: Identify Your Triggers**

Complete page 4 & 5 (this is your working copy)

### **STEP 02: Create New Replacement Behaviors**

Whenever I have a trigger, I will (----). Please complete the **WHEN**, **WHERE**, **WHY** forms on pages 6 to 11. It can be in point form. Examples are shown.

### **STEP 03: Self Hypnosis**

**HANDWRITE** your new behaviors from pages 6-11. Handwriting is a powerful form of kinesthetic hypnosis. It is a critical component of your smoking cessation program. \*Bring your handwritten material to your next appointment to confirm assignment completion.\*\*\*\*\*

Examples: (handwritten)

*Whenever I feel stressed, I will chew on baby carrots.*

*Whenever I feel stressed, I will breathe deeply.*

*Whenever I feel stressed, I will go for a walk.*

### **STEP 04: Type Your Content**

Please type your handwritten statements into your word processor. Be concise and use the following example format when typing. Notice that you do not have to repeat “Whenever I feel stressed” as you did in your handwritten notes. Number your new behaviors as shown below. Thanks.

***Whenever I feel stressed, 1) I will chew on baby carrots, 2) I will take a deep breath, 3) I will go for a walk, 4) I will listen to music. Etc.***

### **STEP 05:**

Email your assignment by copy-pasting from your word processor document to the body of the email. DO NOT send an attachment. DO NOT send copies of your handwritten material. Paste the typed content in the body of the email. **We do not accept attachments.**

**Email to:**

[stopsmokingspecialist@gmail.com](mailto:stopsmokingspecialist@gmail.com)

We need your assignment well in advance, as it is a vital component of our CUSTOM TAILORED approach to your next hypnosis session. Please submit before the following date. Thank you.

## **The Nature of the Mind:**

### **10% Conscious Awareness (Perception/Awareness):**

Decisions  
Judgments  
Thought/analysis

### **90% Unconscious Awareness (Behavior/Performance):**

Senses  
Emotions  
Memory Creation/Recall  
Habit Creation/Recall  
Functioning of Organs

## **Will Power Versus Habit:**

The most effective techniques of change do not require will power.

Will power implies conscious effort, yet habits are controlled by the unconscious mind.

It is very difficult, if not impossible, to overpower the unconscious mind by will power. If you do succeed on one occasion, as soon as your conscious mind stops applying will power, the unconscious mind, which never stops asserting itself, sneaks right in and we may not even notice that we've already taken up a habit again.

If you have a clear commitment to change a habit and good reasons to do so, however, it is possible to work with the unconscious mind and gain its support for anything – anything, that is, that it can agree is to your benefit. That is why smokers can generally stop incredibly quickly and easily when they have the support of their unconscious mind.

Frequently, in order to gain the support of the unconscious mind, it is necessary to give it a substitute for what you wish to change; a bit like a 2-year-old. If you try to take a 2-year-old's 'blankie' away by force in order to wash it, the child will resist fiercely. But if you explain you need to wash it, and give a piece of toast in exchange, the child will let go. It definitely needs to understand that what you are doing is for its benefit and, more often than not, it needs something in exchange.

As we said at the beginning, the most effective techniques of change do not require will power; they do require you to **create a beneficial, alternate choice**. And to change a *habit* can require you to *remind yourself of your new choice* from time to time, particularly at the very beginning.

**Why, exactly, have you smoked?** It may have been to nurture yourself. It may have been to relieve stress or to provide a break in your activities. It may have been to fit in or feel comfortable in social situations. It may have been to control your weight.

Whether or not these are *your* particular reasons, please think about the above. Each of them has a positive function; that is, it isn't wrong to be nurtured, to feel less stressed, to feel comfortable in social situations, or to control your weight. What you have accomplished in the past with cigarettes has had value. (That's why many smokers simply say, "I like it.") It's just that the habit that was established to meet these needs is one that ultimately destroys, rather than supports.

The suggestion that you can meet the very same needs by employing new behaviours may seem unlikely or even preposterous. But it isn't, if you're willing to rely on the power of your unconscious mind. Your unconscious mind can provide you with acceptable alternatives to smoking that will be genuinely constructive.

In combination with stress reduction, relaxation techniques and an environment free of smoke, these new behaviors can completely meet the same needs that smoking met in the past, provided that ***you really do want to be a non-smoker.***

**Pinpointing When, Where, and Why You Smoked**

The following exercise will help you to analyze your smoking pattern. After you've pinpointed the times, locations, and reasons you've smoked, you can begin to chose alternative behaviors.

To identify *when* you have been most likely to smoke, *where* you have smoked, and *why* you have smoked, check yes or no next to each item in the lists below. **Add any additional items of your own:**

<b><u>WHEN:</u></b> <i>I smoked when I was feeling</i>	<b>Yes</b>	<b>No</b>
lonely	_____	_____
isolated	_____	_____
ignored	_____	_____
unhappy	_____	_____
hungry	_____	_____
stressed	_____	_____
insecure	_____	_____
awkward	_____	_____
uncomfortable	_____	_____
unimportant	_____	_____
other: _____	_____	_____

<b><u>WHERE:</u></b> <i>I smoked a lot</i>	<b>Yes</b>	<b>No</b>
in the car	_____	_____
in front of the TV	_____	_____

at meals or after meals	_____	_____
at my desk	_____	_____
at work	_____	_____
as I commuted	_____	_____
at social events	_____	_____
after sports	_____	_____

other: \_\_\_\_\_

**WHY:** *I smoked whenever I needed* **Yes**      **No**

companionship	_____	_____
a break in the routine	_____	_____
comfort	_____	_____
relaxation	_____	_____
to control my desire for food	_____	_____
to be noticed	_____	_____
to fit in	_____	_____
to look occupied	_____	_____
to think clearly	_____	_____

other: \_\_\_\_\_

Now that you've identified all your smoking triggers move on to the next exercise, starting on page 6. Complete the **WHEN, WHERE, WHY forms**.

**Important instructions:** Only complete the boxes you've identified as YOUR triggers on pages 4 & 5. Some new behaviors may be used for many of your triggers. For instance, *deep breathing* can be used in **all** of them. The objective is to have as many **unique** behaviors for each box.

# WHEN?

\*\*\*Please identify at least **3** new behaviors. Keep it short.

	<b>Example: Whenever I feel lonely</b>
1	I will breathe deeply.
2	I will play some music.
3	I will have a nap.
4	I will go for a walk.
5	I will read an uplifting book
6	I will call or visit a friend

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	<b>Whenever I feel uncomfortable</b>		<b>Whenever I feel unimportant</b>
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4		4	
5		5	
6		6	
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3		3	
4		4	
5		5	
6		6	

**Important instructions:** Only complete the boxes you've identified as YOUR triggers on pages 4 & 5. Some new behaviors may be used for many of your triggers. For instance, *deep breathing* can be used in all of them. The objective is to have as many **unique** behaviors for each box.

# WHERE?

\*\*\*Please identify at least **3** new behaviors. Keep it short.

	Example: <b>Whenever I'm driving</b>
1	I will breathe deeply
2	I will play some music.
3	I will make a mental to-do list
4	I will chew gum
5	I will nibble on some carrots
6	I will count my blessings

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	<b>Whenever I have alcohol</b>		<b>Whenever I'm with smokers</b>
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	<b>Whenever I'm at a social event</b>		<b>After sports or exercise</b>
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# WHY?

\*\*\*Please identify at least **3** new behaviors. Keep it short.

	Example: <b>Whenever I need relaxation</b>
1	I will breathe deeply.
2	I will play some music.
3	I will have a nap.
4	I will go for a walk.
5	I will read an uplifting book.
6	I will go shopping.

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\*\*\* Please do not share this material with anyone who might be considering our smoking cessation program as it will interfere with the intended psychology borne from first-time exposure. Without a personalized one-on-one session with the hypnotist, an individual exposed to this material is most likely to formulate incomplete perspectives and arrive at false conclusions resulting in unrealistic expectations. In other words, their probability of success will be diminished. It is best to direct the interested person(s) to the website instead. Thank you.

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If you have any questions or need assistance  
You can call or email.

Mike Proulx, Certified Hypnotist  
(613) 317-1193

Email: [stopsmokingspecialist@gmail.com](mailto:stopsmokingspecialist@gmail.com)