



## **Stop Smoking Script – 24 Hours after the last cigarette**

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*(This is a follow up to session one, and draws on what was taught in session one. It also refers to video that is playing – you can adapt these or remove these parts for client use.*

*All hypnosis scripts should be adapted to client need and the resources present at the time of any live session.)*

### **Pre-Talk**

Congratulations! It has been more than 24 hours since you have had your last cigarette and you can be proud of that accomplishment!

In this hypnosis session you will take your change to the next level and ratify the experience you have had with hypnosis to produce lasting change. The great news here, is that this change you have made is not a temporary change but one you can commit in this session to lasting change.

In your previous session you created what we call a hypnotic anchor. You touched the thumb and index finger together, as if making an OK sign, and pressed those fingers together. Go ahead, get comfortable in the chair where you are, and **close your eyes...** Touch that thumb and index finger together right now and hold that tension together for a moment.

And relax the fingers. and notice something, your breath is calm and your heartrate has slowed, and you have instantly brought about the state of calm that you created in our last session right here and right now, just by touching those fingers together. It feels good doesn't it?

**Now open the eyes again.** In the past day you easily went without smoking. The things that were in fact cues to light up, were probably just a passing thought for you. Amazing, isn't it? You can congratulate yourself for a job well done. I don't know if you used that anchor, and touched you thumb and index finger together, a lot or a little but over the next day or two, or even the next week or two, anytime you need to bring yourself back to a commitment to change and feel the positive energy of your hypnosis practice, you can touch those fingers together and revivify this resources state. And of course when you do, you will notice any cue or craving pass quickly, leaving you with a sense of freedom, and health, and success.

Let's take your success to the next level.

On the screen in front of you is a sentence. Read the sentence you see and count all of the F's (the letter F) that you see.

(5 second break to read)

Did you count them? Count them again if you want to.

How many F's did you count?

Did you count 3? Most people do.

Did you count 4? Some people find the extra F

But did you see 5? Or were you one of the few (show highlighted F image) who was able to find all 6 of the F's?

Most people count 3. What that tells us that even when something is right in front of us, our conscious awareness is often limited. Through the hypnotic suggestions in your previous session – and the hypnotic suggestions we are going to share in this session you are going to bring all of your resources for success into awareness.

you can think of it this way – when you were smoking you weren't even looking for an F.

But in our last hypnosis session you began looking for some solutions – and you found them At least three of them. We know this because you have not smoked for at least the past 24 hours and it feels great to be successful.

But now we are going to uncover the rest of your inner resources and make this change a forever change.

The first thing we are going to uncover is your ability to stay in the present moment – this is called mindfulness. By keeping your thought, your emotions, and the sensations

you experience in the present moment you will avoid rumination, obsessive thoughts or tempting yourself with unhealthy choices.

Mindfulness is all about staying present, because no matter what else is going on in life, or what stressors or temptations exist, right now – in this moment- everything is actually OK. It was the great Master Oogway who put it this way, “Yesterday is history, tomorrow is a mystery, all we have is the present – and that is why it is a gift.”

Anytime, in any area of life, you can bring your attention to the present and you will discover that it is a gift. It is a gift of calm, of comfort, of success, and even a gift of acceptance. You do not have to follow a thought to be anxious, or stressed, or of the sensation of withdrawal and project into the future any temptation to smoke. You can just remain in the present moment, and just breath, and discover mindfulness is a real solution – not only to smoking, but really in every area of life.

**Go ahead, close your eyes down.** Pay attention to your breath as you breathe right now. Bring all of your attention to your breath, almost like you are studying your breath. Pay attention to the nostrils as you breath in, and the feeling of air being drawn into your lungs. You do not have to breath in any special way, this is not yoga, so just breathe, and pay attention to the breath.

Notice that point in the lungs when the air turns around, kind of like an Olympic swimmer in a swimming pool, and the inhale becomes an exhale.

Good. You are paying attention to your breath, and each breath marks each moment.

Now, your mind will continue to think as you sit in this chair, you will have thoughts, you will have feelings and emotions and you will have physical sensations. Hypnosis – or mindfulness – is not about turning off these thoughts, feelings or sensations, but rather learning that when you have them you do not have to follow them – you can simply recognize them as a thought and use them as a cue or a reminder to return your thought to the breath. The breath is a focal point. It is where you are going to practice returning your attention. Do this not only right now, but in every area of life thorough each day, and you will discover it becomes second nature to stay in the moment.

**Now, open the eyes. go ahead, open them again.**

Mindfulness may or may not seem that important right now, but the value is in practicing bringing your attention from any temptation, distraction, or tension and back to the present moment. People who have anxiety find that by practicing mindfulness each day it becomes second nature, and that they feel less anxious and more happy.

One of the reasons we practice hypnosis and mindfulness is to help sort out what is a trick of the mind or distorted thinking. Former smokers sometimes pay attention to mind tricks, wondering if “just one would hurt them” or if even questioning if they really wanted to quit smoking – or as I like to call it – start breathing clean air.

Mind tricks can be powerful, we explored some in the last session.

Right now you are looking at the image of some shiny legs. How did they make that shine? When most people see these shiny legs for the first time, they are amazed by the glossiness and sheen they have.

That is of course, until it is revealed that the legs are not shiny at all – rather they have been painted with white lines and dots.

Once the paint is revealed, even when people want to see the shininess again, they usually can't.

That part of your mind that used to believe to believe that smoking was acceptable, has been replaced with the white paint of the last 24 hours. No matter how much that part of the mind that plays tricks on us might want to return to old ideas – you now know that smoking is not for you.

What is most important to you in this moment? Is it the new health you have? In just the first 24 hours of quitting smoking heart attack risk begins to decrease, nerve endings are restored to the sensations of taste and smell, and carbon monoxide levels have decreased, and your blood cells can once again bond with oxygen.

Or is it the money in your pocket? It felt pretty good to not buy more cigarettes yesterday. In fact, you might have even saved up enough to buy a half tank of gas with the savings you have had in just the past 24 hours.

I bet the people who love you are really happy you have made this change. And of course, if you are looking for love, you just expanded your dating pool by up to 70%.

It feels good to be in this moment. Take in a breath. Be here right now, fully present in this session and congratulate yourself – and even let yourself smile.

Oh year, the color red, did you notice it a bit brighter and sharper and crisper and clearer? It was a handy reminder wasn't it? It's funny how when something is suggested to us – that we will notice the color red – it becomes present everywhere – just as your success with this change has become very apparent to both others and yourself.

Are you ready to begin? To take hypnosis to the next level and ratify this change? Then let's begin!

**Beginning of actual session – notice, there is no formal induction, the process/story is and of itself, induction.**

Inspirational speaker Joel Osteen has said, “You have to come to your closed doors before you get to your open doors... What if you knew you had to go through 32 closed doors before you got to your open door? Well, then you'd come to closed door number eight and you'd think, 'Great, I got another one out of the way' and you would keep on going.

This is of course, exactly what you have done. You have probably gone through many doors to become a non-smoker. Attempts to quit smoking by cutting down, another door using your willpower to go cold turkey, another door to try medication and more doors that included promises, resolutions and still others doors along this journey. For many people – hypnosis seems to be popular as door 32 – the last door. And so, here you are now a non-smoker. You have arrived at your destination, the hard work is behind you and you have at least 24 hours of success behind you, and maybe even 32!

None of that was wasted time or energy, they were the doors you needed to go through to get to the last door, and discover where you are today. In fact, I bet there was a time when some of those doors led to your success for a day or two or even a couple of weeks or even a couple of years. The real question now is not actually can you quit? You have already proved that you can. The real question now is now that you have reached door 32, how do we go further than you have at any other point.

And so close your eyes.

Imagine now that you are standing in front of a closed door. You know you have to pass through this door to get to where you want to go, but when you knock, nobody answers. It is a closed door. But you have a key that will open the door, and so in your mind, imagine unlocking the closed door, opening it and walking through.

Imagine that this door leads to a large room filled with interesting art and furniture, and relaxing music that is playing. Go ahead, imagine taking a seat on the recliner and just enjoy the relaxing ambiance of this room. In this place and in

this space, you have unlocked the first door of your new life and can just relax in this space.

This is of course, a perfect place to practice mindfulness – just being present. Your conscious mind obviously wants to know what lies on the other side of the next door, but right now practice what we learned before you closed your eyes, and be mindful. Study your breath, and be in this moment. What a perfect place to really practice. The mind does what minds do, it wonders and wanders, maybe even looking beyond the next door. And of course, all you have to do it see this as it is, a cue to be present in this room and return your attention to the breath.

In this time and this space, just be relaxed. Nowhere to go and nothing to do, letting yourself go deeper into this moment.

Ever number and every breath, a cue to stop chasing your thoughts and enjoy the moment

5

4

3

2

1

0

Perfect.

It feels pretty good to just be. No stress, no worries, letting go absolutely of any expectations.

Go ahead, open your eyes. **Feels good doesn't it?**

Another closed door. But this door requires no key, you have already unlocked it by mastering being present in the moment, by being mindful.

Imagine opening this door, go ahead, turn the knob, and entering a room filled with white light and healing and energy that empowers you. **And close your eyes again....**

Imagine what that the healing energy of this room literally clears your body from any damage smoking may have done and discover a renewed spirit of hope – knowing that you have done something wonderful for your body by becoming a non-smoker. Notice the next breath, an easier breath than the labored breaths

you used to take just days ago. Your body has begun healing in every way and this will continue every day and you are getting better and better with each breath and each passing moment.

Go ahead, open the next closed door. the door of identity – in the past you identified as a smoker. Looking for restaurants that permitted smoking, and avoiding place where you would be unable to smoke. Perhaps in the past you even collected the accoutrements of smoking, ash trays, lighters and even logo memorabilia, content to be a smoker. In your younger days smoking might have even been a way to identify with others, and to set yourself apart from those you did wish to identify with. It does seem immature to our logical mind at this point in our lives, but in our younger days the habit of smoking was probably ingrained with the identity of being a smoker. After all, cigarette ads used to show the independent woman, or the debonair man – and cigarette marketers have studied hypnosis – knowing these imprints, conscious or subconscious influenced our choices. In some ways, by opening this door you are actually de-hypnotizing yourself from the messages of the tobacco industry, some overt and some subliminal.

To help you re-write these associations, I have embedded this experience with **positive affirmations and “I am” statements that really do correspond to your current identity** – one who rejects smoking and embraces wellness. One who is strong not because of an image but strong because of real change that has already taken place.

In fact, at this point, with 10% of the 32 closed doors open: Mindfulness, healing and identity it might even seem counter-intuitive to go deeper, and so imagine the next closed door is up a few steps, and when you open this closed door – which we shall call commitment you discover a pathway of closed doors, each taking you to a higher level of consciousness a higher level of awareness and a higher level of success

Number 5

Number 6

Number 7

pushing through each closed door and making your way forward – feeling motivated to succeed knowing that this time, you have pushed through so many closed doors to get to the next that as you push through door 8

and door 9

and door 10-11-12 and 13

that with each closed door opened, it gets easier and easier to move to the end.

What is it either know or unknown that has limited your prior success? Maybe it is something obvious to you, a situation, or a feeling or an personality characteristic that you have struggled with – or perhaps it is something unknown deep in your psyche and makeup – **it doesn't really matter if it is easily identifiable or if it is something unidentifiable**, as you push through the next closed door – illuminating your path you can leave it behind door number 14

moving forward past 15 and 16 and opening the door to number 17.

Of course, at this point you may still be paying attention to every word I say, following the process step by step, or you may be in deep trance, only paying attention to some of the words that I use, choosing to experience the process rather than listen to it, and either way is OK. People experience hypnosis in many different ways – and what is amazing to me is that they all seem to discover that it leads them to the last door – an open door that never closes – to lasting change.

You have made this change already – by experiencing our first session and ratifying it with this session.

**I'll give you the next couple of minutes** to imagine the next closed doors being opened, and discovering behind each closed door whatever is most important to you in creating lasting success. Maybe it will be hope, maybe it will be forgiveness, maybe it will be self-acceptance or even a recognition that by not smoking you are not alone, but rather, have been joined by perhaps millions of **other people who have quit the same way....**

During this time, you may hear embedded subliminal affirmations, or perhaps you will not, either way is fine, your higher consciousness is ready to accept the new possibilities and the infinite you. I will rejoin you on your journey through the last two doors.

**SILENCE 90 seconds duration**

You are almost there. To the 32<sup>nd</sup> door. You have pushed open every closed door in one way or another, unlocking your greatest reward and are ready to find the open door – the one that remains open for as long as you keep it open.

At door number 31 you find the door is unlike the rest, it requires a palm print to open. Go ahead, in your mind imagine holding your palm to the scanner, unlocking and opening the 32<sup>nd</sup> door. By opening this door you have a new freedom, a new hope and all of the power you need to enter into a new chapter of life.

Are you ready?

The 32<sup>nd</sup> door. But unlike the rest, the door is open, all you need to do is walk through it. Go ahead, walk through the doorway and discover that this is your open door – a new chapter of life as a non-smoker – never looking back and never needing to face those closed doors again. It was worth it to open them, passing through each, making new discoveries, but now you have an open door and the possibilities are limitless.

What can you do with your newfound life? How can you discover how your experience can help others? Or how can you rediscover your true unlimited potential. New health, new wealth and new opportunities await you at every level now and forevermore.

The end of this session is only the beginning. No matter what you have experienced to this point to become a non-smoker, the learning and the process has had value. It has shaped you and moved you and brought you to this point where you have been good to yourself in every way.

Congratulations. It feels great to be a non-smoker, and to have found the open door after searching for so long.

In a moment I am going to ask you to open your eyes, not yet, but in a moment.

First, return your awareness to my voice, to this breath and this moment. To feel the chair where you sit and to be mindfully present. This moment, this breath.

Now pay attention to how you feel. Relaxed but energized, still but hopeful! Begin to stretch any muscles that need to be stretched, you can move your fingers and toes and even gently move your head. Feel the air in the room around you, hear my voice and be ready when I count to three to open the eyes - feeling fantastic and ready for the rest of the day.

- 1- paying attention to this breath.
- 2- Taking in an energizing deep breath

and 3 opening the eyes, opening the eyes, feeling ready for the rest of the day.

If your eyes are not open yet open the eyes. be present and enjoy the experience of the new you, a non-smoker who has made a lasting decision.