

## ***Congratulations on taking your first steps to Smoking Cessation!***

This sheet is designed to provoke some thinking, help you reflect on where you are, and support you in becoming 'smoke free' prior to your first Hypnotherapy session.

Making decisions stick can often be helped by good..... timing. So if you have booked your session, but the time feels right – right now – then simply 'give up' prior to the session. When you rang up to make this appointment you had already taken the step from awareness of the problem, to taking an action. Ergo, if you go one step further prior to our appointment, and take another action – great, do it. We will then use your Smoking Cessation session to power up your intentions and keep you on track.

If however, giving up prior to the appointment isn't possible for you, then follow these instructions, and use the questions to hone your awareness so you know where you are, and will be fully prepared to give up smoking, before our session.

### **Question 1**

How much do you think you want to give up smoking? (Please circle)

Urgently                      Very Much              Important but not essential                      Yes, but can you do it for me?

### **Action 1**

Find out the facts – prior to your session check out <http://www.costofsmoking.co.uk/cost-of-smoking-calculator.php> and jot down how much money you've spent so far. It also tells you how much time you've spent smoking.

### **Question 2**

What circumstances prompt you to smoke most? (tick more than one if appropriate)

- a) At work, I like to take a break
- b) When I socialise
- c) In the morning to help me get started
- d) When I feel emotional
- e) At the end of the day as a reward

### **Action 2**

From now on, change the hand with which you smoke with eg. If you are smoking with your right hand, change this to holding the cigarette to your left hand. Additionally change the location slightly in which you smoke. Small changes are good, enough small changes make big changes

### **Question 3**

What would I gain from giving up smoking?

- |  |         |
|--|---------|
| a) Extra spending money (see calculator above) | yes/no  |
| b) Better life expectancy                      | yes/no  |
| c) Better overall health                       | yes/no  |
| d) Sense of taste and smell                    | yes/no  |
| e) More time to do other things                | yes/no. |
| f) Other... (fill this in)                     |         |

### **Action 3**

Now you know what it is you **gain** when you become a non smoker. Prior to our appointment, go to <http://www.nhs.uk/smokefree/why-quit/smoking-health-problems>, see what you can **lose**.