

A HEALTHY
NON-SMOKER
FOR LIFE
WITH HYPNOSIS



"It's time to let that unhealthy habit go!"

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Stop Smoking Contract

I _____ wanting to be of sound mind and body, do hereby choose to become a non-smoker for life. I will do my best to follow all recommendations given to me. In particular, I realize I cannot cheat and have "just one" since it probably won't stop there. I understand that the benefits of not smoking include, but are not limited to:

Time after last cigarette:

20 minutes: Blood pressure and heart rate normalize.

8 hours: Nicotine and carbon monoxide levels in blood reduce by half, oxygen levels return to normal.

24 hours: Carbon monoxide eliminated from the body, lungs start to clear out mucus and other debris.

48 hours: No nicotine left in the body. Ability to taste and smell greatly improved.

72 hours: Breathing easier. Bronchial tubes start to relax and energy levels increase.

2 to 12 weeks: Circulation improves.

3 to 9 months: Coughs, wheezing and breathing problems improve as lung function is increased by up to 10%.

1 year: pack a day smoker has saved around \$3,000.

5 years: Risk of heart attack falls to about half that of a smoker.

10 years: Risk of lung cancer falls to half that of a smoker; risk of heart attack falls to the same as someone who has never smoked.

Signature:

Date

Top Suggestions for Staying Free!

Exercise within the safe limits of your current condition. *This will relieve your stress in a healthy way and will help your system adjust to the extra oxygen in your bloodstream.*

Drink plenty of water. *Proper hydration helps you to release the stored toxins from the smoking habit, provides a healthy hand/mouth habit and makes it easier for you to avoid unwanted weight gain.*

Take 3 Belly Button Breaths every hour or so- *imagine your stomach is a balloon, give it a pleasing color if you like. As you breathe in, pretend as if the air was coming in through your belly button, inflating the balloon. As you exhale, imagine the air exiting through the belly button. The stomach expands on the in breath, retracts as you exhale, the shoulders and chest remain relatively still Repeat 3 cycles as many times a day as you like and especially when you experience stress, tension or discomfort.*

Keep cold fresh fruit on hand- *many fear weight gain upon letting go of the cigarette habit. Keep in mind that commercially prepared cigs are 5% added sugar or more.-essentially smokers "freebase" sugar! Many now believe that smoking is both a habit of nicotine as well as sugar consumption. Snacking on cool, fresh, fiber and vitamin rich fruits that you enjoy can help with this.*

Alter cues if possible. *If you always smoked after a meal, go for a short walk instead. Throw out or give away your ashtrays. Changing behaviors and environments associated with the smoking habit will make it easier for you to stay quit.*

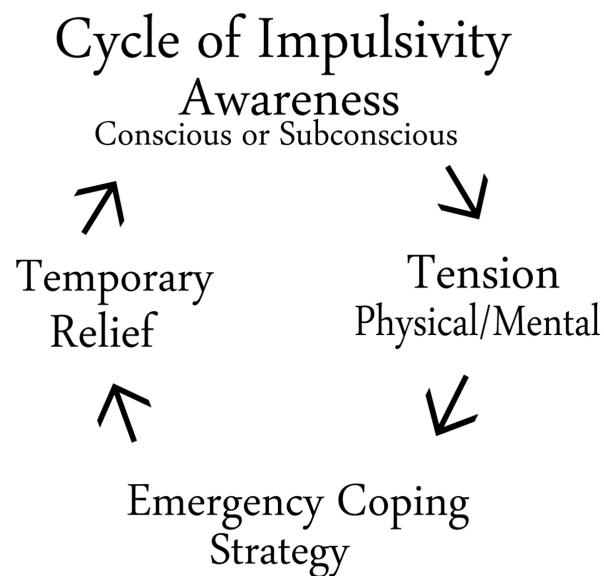
Set the money aside and do something fun with it. *Now that you will not be handing over your hard earned cash every day for a pack of cigarettes, take that money each morning and place it in an envelope. At the end of the first month, take that money and treat yourself to something as a tangible reward for your first month as a non-smoker. You can continue this practice afterwards or perhaps use this extra money to invest, lower debt, etc.*

Don't light that first one and you will do fine. *The lowlifes that manufacture cigarettes have created a product that only a tiny fraction of the population (a.k.a.- social smokers) can use moderately. You aren't one of those people. Put your focus on the benefits of a being a non-smoker and stay true to your commitment to a longer, healthier and a happier life.*

The Cycle of Impulsivity
A report by James Malone
www.njhypno.com

Virtually all people who have an unwanted habit of thought, feeling or behavior share something in common, namely what might be called a "cycle of impulsivity."

Logically you know the old pattern isn't to your benefit or else you would consciously decide to hang on to it. So how does the automatic cycle of an unhealthy habit sustain itself? Look at the diagram below



At the top of the cycle is AWARENESS. Either consciously or subconsciously there is a sense that something is out of balance. This in turn creates TENSION, that can be either mental, physical or both. Seeking to relieve the tension, a person resorts to his or her EMERGENCY COPING STRATEGY. This can take the form of a behavior (smoking, overeating, gambling, drug of choice, etc.) or maybe a social/emotional response (irritability, social withdrawal, anger, pessimism, procrastination, etc). Afterward there is TEMPORARY RELIEF from the stress. However this temporary measure did not nothing to correct what was bothering you in the first place. and the cycle begins anew, often intensifying over time.

One of the simplest and most effective ways to disrupt this Cycle of Impulsivity is by practicing INTENTIONAL RELAXATION as many times a day as needed. This is why it is essential for you to practice any and all homework assignments you were given, whether it is listening to one of the mp3's on the client resource page, practicing mindfulness or any of the other techniques that were recommended to you.

CHEMICALS IN CIGARETTES

Please read about the chemicals that were in the cigarettes you used to smoke. This is a partial listing of the 523 toxic substances known to be in tobacco.

CARBON MONOXIDE: Poisonous fumes found in auto exhaust.

FORMALDAHYDE: Embalming fluid.

TAR: Used to produce cancerous tumors in laboratory animals.

AMMONIA: Poisonous gas and powerful cleaning fluid, component of urine.

NICOTINE: At one time it was used to euthanize animals. A single pure drop can kill a horse (or a human).

CYANIDE: Deadly ingredient in rat poison.

ARSENIC: A potent ant poison.

METHANOL: "Wood-alcohol" which would blind you if you drank it. Used as a fuel for jet and rocket engines.

CADMIUM: Chemical found in car batteries.

BUTANE: Flammable liquid found in lighter fluid.

TOULENE: Carcinogenic industrial solvent.

ACETONE: Solvent used to remove nail polish.

BENZENE: Toxic industrial chemical.

HYDROCYANIC ACID: A gas used in execution chambers.

NITRIC ACID: Dissolves gold into a liquid.

POLONIUM 210: A highly radioactive element.

Relapse Prevention Strategies

By James Malone

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Congratulations on breaking free from the smoking habit! Below are some pointers other people like yourself have found helpful to stay on track.

No cheating! As a healthy non-smoker for life, one cigarette is one too many.

Recall how you got hooked. Chances are when you first started you never thought you would get addicted, did you? Yet over time that is what happens. Most people cannot use nicotine in a controlled fashion.

Remember the idea that smoking relieves stress is a lie. Smoking *creates* a form of perpetual tension that is briefly relieved by lighting up. Using tobacco for stress relief is like wearing a too tight pair of shoes for the sole purpose of taking them off later. Over time smoking tricks your brain into thinking it is relaxing when the exact opposite is true. You will be calmer over time as a healthy non-smoker for life.

Make sure your needs are being met. Unhealthy stress is often the result when our basic human needs are being neglected. These include:

- Getting enough physical activity.
- Eating well.
- Making sleep and rest a priority.
- Making sure your social needs are being met.
- Being clear on your life purpose.
- Having something fun to look forward to.

Always feel free to connect. please consider me a resource if you run into challenges in the future. Also, affordable **Mind Spa Hypnotica** sessions are available when you simply need to relax and feel better.