



Become a Non-smoker

A Professional Hypnotherapy Program

Client Manual

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Becoming a Non-smoker

Introduction

Congratulations on your decision to become a non-smoker!

Welcome to the program.

Perhaps you can already anticipate the good health and other benefits that will flow from your decision to take control of the old smoking habit.

In this program you will be provided with practical information, training, and hypnotherapy experiences that have helped others achieve their goal of becoming a non-smoker.

Breaking old habits and learning new ways of doing things is not hard if you know how to go about it.

This program gives you the tools to achieve your goals.

Wayne Somerville

This program has been developed by Dr. Wayne Somerville.

Dr Somerville holds a Bachelor's degree with First Class Honours in Psychology, a Masters of Clinical psychology, and a Doctor of Psychology degree. Wayne is a Member of the Australian Psychological Society's College of Clinical Psychologists. He conducts a private practice in the Northern Rivers area.

Wayne has had a long term professional interest in hypnosis, and has published and presented papers on hypnotherapy in scientific journals and at conferences.

Wayne used to be a smoker, but he has not smoked for about 20 years. He understands why people smoke, and he knows what it takes to become a confirmed non-smoker.

The Aim of the Program

The aim of this program is to help you achieve your goal of becoming a non-smoker as quickly and as effectively as possible.

Wayne utilises contemporary hypnotherapy techniques to help you quickly and effectively achieve your goal of becoming a non-smoker.

The Bad News About Smoking

Nowadays it seems that bad news about smoking is everywhere. What was once a common and accepted public behaviour, is becoming increasingly difficult and frowned upon.

The Queensland government recently announced that from mid-2006 smoking will be banned not only in all pubs, clubs, and outdoor eateries, but also on all patrolled beaches, near children's playground, stadiums and close to building entrances. Other States are likely to follow with similar bans.

Changing laws and attitudes reflect concerns over the health effects of smoking.

There are over 1,000 identified chemicals in tobacco, including many toxic substances, and in recent years, the journal *New Scientist* has reviewed research indicating that:

- ◇ Smokers are twice as likely as nonsmokers to suffer from dementia.
- ◇ Low-tar cigarettes cause tumours deeper in the lungs.
- ◇ The nicotine from just one cigarette is enough to trigger addiction.
- ◇ One in two smokers will die prematurely as a direct result of their habit.
- ◇ The toxins in tobacco can reduce Vitamin C and cause "Smoker's scurvy".
- ◇ Men who smoke have sex less often and don't enjoy it as much.
- ◇ Smokers die ten years younger than non-smokers.

The GOOD NEWS — IT IS ALWAYS A GOOD IDEA TO QUIT

On a recent ABC Science Show (25/9/04), Sir Richard Doll, a world expert on smoking and health, described results from a 50 year follow-up study of British doctors.

Sir Richard made it clear that it is never too late to benefit from quitting.

Smokers who gave up in 30s had no increase in mortality rates at all compared to those who had never smoked. Giving up smoking at age 50 halved the risk of ill health and premature death, and even giving up well into the 60s leads to significant health benefits.

The American Cancer Society and the Centers for Disease Control and Prevention advise that, after quitting, at:

- ◇ 20 minutes — Blood pressure, pulse, and the temperature of hands and feet become normal again.
- ◇ 8 HOURS — Blood carbon-monoxide and oxygen levels normalise.
- ◇ 24 HOURS — The chance of heart attack decreases.
- ◇ 48 HOURS — Nerve endings start regrowing, smell and taste are enhanced, and walking becomes easier.
- ◇ 2 WEEKS to 3 MONTHS — Circulation improves, Lung function increases up to 30 percent.
- ◇ 1 to 9 MONTHS — Coughing, sinus congestion, fatigue, shortness of breath decrease, & cilia regrow in lungs, thereby reducing infection.
- ◇ 1 YEAR — Risk of coronary heart disease is half that of a smoker.

Negative and Positive Approaches to becoming a Non-smoker

The Negative Approach

Some people try to motivate themselves in a negative way. Instead of paying attention to the very good reasons they have for becoming non-smokers, they focus on the bad things about being a smoker.

The problem with the negative approach is that it does not look to the future, but causes unnecessary anxiety, which naturally stimulates further tobacco smoking.

When most smokers see a “terror” ad about smoking on TV they immediately feel anxious and despondent, and might conclude that if that much damage has been done there is little point to giving up now?

The POSITIVE APPROACH

This program uses ONLY positive approaches.

We are only interested in the many GOOD reasons for becoming a non-smoker. After all, the negative things about smoking are about to become a thing of the past.

Thinking about the negative only brings it to mind, and who wants to think about smoking and the damage it can cause? It is much better to think about all the good reasons there are for becoming a Non-smoker.

A doctor friend explained that your lungs are not a sponge, they are a living, dynamic organ capable of regeneration and self-cleaning. After a few years of being a non-smoker your lungs will recover their normal non-smoker's capacity, and as your cardio-vascular system gets stronger you will get back your wind.

And, he was right about that.

Being a non-smoker looks, smells, and feels good. Even better, YOU, and not British Tobacco, will control your feelings and behaviour!

It is worth repeating, the program uses ONLY positive methods, and does not use so-called “Aversive” techniques or other negative approaches.

What happens when you say to yourself “Don't think of a black cat”?
You think of the black cat!

Negative thinking about smoking only raises anxiety and reminds us of smoking. And that just feeds the old urge.

We will focus on all the benefits of becoming a non-smoker.

After all, that is what it is all about.



The Positive Intention of Habits

Too many people have told me that they feel embarrassed and even despondent because they have tried unsuccessfully to give up smoking in the past.

They wonder why, despite their best intentions and efforts to quit, the old urge and habit just comes back and controls them. Some have said that it feels as if there are two opposing parts to their minds, one wanting to smoke and the other wanting to be a non-smoker. Some even doubt their strength of character or will-power.

It is important to understand that there is nothing at all wrong with the mind or character of a smoker!

Habits are a natural and important part of human behaviour. What would life be like if we had to relearn how to hold a knife and fork every time we wanted to eat?

Even an unwanted habit like smoking has a positive and helpful underlying intention.



Most people who want to quit smoking can agree that at some level they enjoy the habit. It is important to understand that the relaxation and comfort that go with smoking are worthwhile in themselves. Smokers took up smoking for good reasons—to relax, to be sophisticated, or to have something to do with their hands. Back in the 60s and 70s some doctors even prescribed cigarettes as a relaxation aid!

The problem is that we now know that smoking is not a good way to relax because it has negative health effects. If smoking had turned out to have no negative consequences, what would be the harm in the habit?

If I could ask the part of your mind that controls the smoking habit, “Why do you smoke?”, what answers would I get?

Taking Away and Replacing

People smoke for worthwhile reasons such as to relax and feel comfortable. The trouble is that smoking tobacco is not a very good way to achieve these ends.

No one should have to do without relaxation and good feelings, and we are not going to try to take these away from you. If you were to just take cigarettes out of your life without replacing them with something just as good, how long do you think it would be before you were putting on weight, eating too many sweets, or starting arguments?

Nothing should be taken away without replacing it with a better, more healthy alternative.

Putting on weight

Putting on weight is a common fear, especially amongst young women smokers. Tobacco companies have targeted the concerns of young woman with images, such as “Virginia Slims”, that associate smoking with slimness. As a result, more young woman are taking up the habit, and many say that they would like to stop smoking but are worried about the weight gain.

It is not necessary to gain weight when you become a non-smoker. It is important to develop healthy alternatives to replace the old out of date smoking behaviour.

Willpower and Habits

Hypnotherapy is helpful because willpower is not the best tool for changing old habits and developing new behaviours to replace them. To effectively change old habits it is important to understand how the human mind/brain learns.

Perhaps you can remember the intense concentration and will-power that it took to learn to co-ordinate the clutch and gear shift when you learned to drive a car? And yet, how little time it was until you could drive the car safely while listening to the radio, watching the rear-vision mirror, and thinking about something else altogether. No computer or robot on the planet can do this, and yet we can drive safely without thinking much about it at all.

What was at first a conscious and wilful act became unconscious and automated.

Do you remember how it took practice and determination to learn to smoke? And now it is so automatic that you can light up without really even thinking about it.

Now what would you do if I asked you to unlearn driving a car by using your willpower? Where would you start? Driving has become a habit and you can not easily get to it with willpower because it is somehow stored in the body, operating automatically. Contemporary scientific hypnotherapy provides effective techniques for changing automatic behaviours.

When changing a habit, the greatest effort is needed early on. With tobacco the physical withdrawal from quitting passes quickly. Over a week or so the psychological part of the old habit fades and is replaced by new behaviours and feelings that will become the new more beneficial habit.

Breaking unwanted habits

Overcoming old habits is not so hard if you know how to go about it, have the right tools for the job, and really want to make the change.

Remember - Learning anything new and worthwhile takes some motivation and perseverance, and can involve making mistakes. To break a habit, we must really want to change.

Some people say, “I tried to give up [*THEIR HABIT*], but I couldn’t stick with it, so I gave up”. This is like going to classes to learn to type and then saying “I tried to learn to type, but my fingers kept hitting the wrong keys, so I gave up”.

Hypnotherapy

To deal effectively with habits it is necessary to work with the parts of the mind that control smoking.

Hypnosis is a natural and pleasant state of mind used by therapists because it allows effective communication with powerful and health minded "unconscious" or "intuitive" parts of the mind. In hypnosis the inner mind can work effectively towards achieving goals with little or no conscious effort.

Hypnosis is a natural state of mind akin to deep relaxation, falling asleep and day-dreaming. If you have ever daydreamed or stared absentmindedly out of a train window as the world sped by, or wondered where the last 50 kms. disappeared during a long car trip, then you have already been hypnotized.

The feeling of hypnosis is one of relaxation and comfort.

You do not in any sense "black-out" as in unconsciousness, or "go-under" as in anaesthesia.

At all times you are aware of all that is going on and being said. Hypnosis is not sleep.

You do not lose control of your body or mind.

Please do not confuse stage shows with hypnotherapy. What we will be doing here has nothing to do with the stage performances you might have seen. The stage hypnotist is an entertainer who claims to have special "powers". Anyone that volunteers for such a show knows what is expected of them and are ready to show off in public.

The idea that hypnosis is a "power", coming from the eyes or fingers of the hypnotist, that controls the subject's mind, is strictly the stuff of comic-books and the side-show.

In reality all hypnosis is self-hypnosis.

My job is to guide you through therapy which helps you to achieve your goal of becoming a non-smoker. Your Inner mind has all that is needed to achieve your goal.

Everyone uses hypnosis in their own unique manner. There is no "right" or "wrong" response.

Your Conscious mind may have elaborate ideas and expectations about what you should or will experience but your unconscious can enable the appropriate response to occur.

Knowing When to Take a Break **Using The Basic Rest/Activity Cycle**

Every 90 to 120 minutes during the day we enter a 20-minute period during which the mind and body seek a break from activity to reduce stress and "recharge the batteries". These recurring periods of reduced energy are ideal times for practising relaxation.

If you practise relaxation during the appropriate part of the Basic Rest/Activity Cycle you will find it easy to relax deeply and, in about 20 minutes, you will feel refreshed and ready for 90 minutes of activity.

Everyone knows the after-lunch low energy period, and in many cultures this signals siesta time. Many people take a brief "nap" at this time. The timing of lunch and tea breaks mirrors the cycle.

Although many people use this 20-minute opportunity for natural stress reduction by drinking tea or coffee, or smoking cigarettes, we can all use and benefit from nature's cycle of rejuvenation.

Recognising the Signals for a Break

The early signs that you are becoming ready to take a break include:

- * wanting to stretch or loosen up your muscles
- * yawning, sighing or taking deep breaths
- * noticing your body becoming quiet, still, and relaxed
- * feeling a desire for a snack or drink
- * daydreaming
- * diminished concentration and wandering thoughts
- * feeling tiredness and discomfort in your muscles
- * realising your performance is slowing down
- * staring vacantly into space
- * slower reflexes, clumsiness
- * a growling stomach, hunger pangs.
- * needing to use the toilet
- * lapses of hearing or tuning out of the outside world

The signals for a Break are subtle and are easily drowned out by the pressing needs of the outer world or by using coffee or cigarettes. If you recognise and respond to these signals by taking a break, you will find that your relaxations will become deeper and more satisfying.

Entering the Natural Relaxation Break.

Find a quiet place. Ideally, lie down or sit in a comfortable chair. Even a brief walk or any change to a more relaxing activity will help.

Many of us have grown up with negative attitudes towards taking time off for relaxation during the day. Many people say that they do not have time for relaxation but they already take breaks to drink tea, eat or smoke.

You can use any type of relaxation that you like, or simply just close your eyes, attend to your breathing and allow the comfort to spread throughout your body.

Allowing yourself to enjoy the natural periods of rest as they occur throughout the day will help your mind/body solve problems.

As you prepare for the relaxation break you will find yourself taking a deeper breath and comfortably yawning. Notice your breathing quietening down. Deeper breaths are a sign of your body shifting into a more relaxed mode. There is no need to do anything or pay any special attention to things. There is no right or wrong method. You simply notice the comfort and allow your mind-body to do whatever it wishes to restore itself.

When you are ready for activity and the stress of life again, you will find yourself smoothly coming back to your usual waking state of mind. Note how comfortable and well you feel. This is the signal that restoration and healing have taken place and your energy is recharged.

You have allowed the mind to refresh itself so that you awaken with improved concentration and thinking abilities. You may now know how to deal with a problem or solve some task.

While the Healing Break usually takes about twenty minutes, its length will vary widely among different people or for the same person at different times.

You may find in the early stages that your breaks last for more than 20 minutes and sometimes progress into sleep.

This is normal for people who have a sleep deficit or who have been under stress. Within a week or two your breaks will become regular and more satisfying.

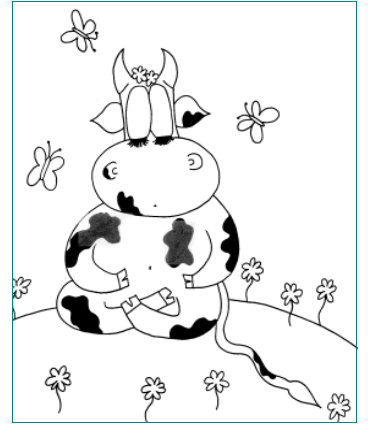
Relaxation Instructions

During the training session you will be taught a relaxation technique for letting go of old unwanted habits and feelings.

The exercise uses guided visualizations and suggestions for progressively relaxing your muscles.

To practice this technique at home, find yourself a quiet, comfortable place, and set things up so you will not be disturbed for twenty minutes or so.

Preferably choose somewhere out of the direct sunlight. Any tight clothing can be loosened; keys, wallets, etc. should be removed from your pockets and eyeglasses can be set aside.



You don't have to talk, or move, or make any sort of effort during the exercise.

The important thing is your comfort, and you can make whatever movements you need in order to be comfortable. If you feel an itch, scratch it, then settle back into comfort.

Each person goes into relaxation in his or her own unique way and each time you practice the relaxation it may be different.

In the early stages of using this technique you may find it difficult to relax or to notice much improvement in your skills. This is how it goes for many people. As with acquiring any new skill, regular practice and some perseverance are needed early on.

Breathing is basic to many relaxation and meditation techniques. Just by attending to your breathing you can begin to relax.

Your mind may wander off onto other thoughts, but by gently bringing attention back to your breathing, to those good feelings and thoughts with each *in* breath, and to the letting go of some tension with each *out* breath you can gently enter relaxation.

You might like to experiment with making your own unique changes to the technique.

Practice the technique as often as you like.

Myths, Tips and Suggestions

Myth - I will gain weight.

Actually, many people who have used hypnosis actually end up reducing their weight after becoming non-smokers. Hearing from people who have tried to quit smoking “cold turkey” that they gained weight acts like a form of negative hypnosis which creates anxiety about gaining weight. And of course, if we worry about gaining weight, we are more likely to feel anxious and are more likely to eat.

It is important for non-smokers, and indeed for everyone, to practice good dietary practices. It is now widely accepted that weight gain is caused by skipping meals and by eating fatty foods that contain too much refined carbohydrates.

Substituting water, healthy food, and moderate exercise for the time you used to spend smoking are the best ways to boost your metabolism and keep your weight in check.

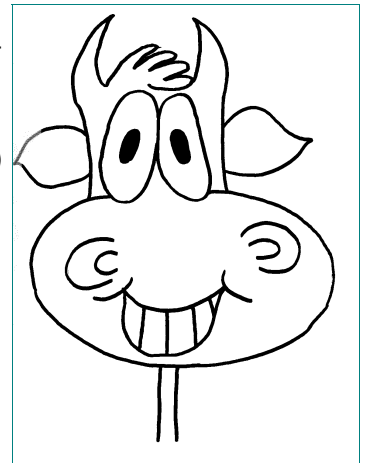
Myth — Nicotine withdrawal is painful

As the body comes back to normal, new non-smokers can mistake the natural fluctuations in their blood sugar levels and unfamiliar cravings for “withdrawal symptoms”.

Low blood sugar can cause irritability, nervousness, nausea, headaches, stomachaches, dizziness and cravings. New non-smokers can experience these symptoms because for quite some time they have substituted nicotine (an appetite suppressant and stimulant) for the normal craving for food.

So if someone who is quitting smoking does not understand the effects on their blood sugar levels, they might conclude that their uncomfortable feelings mean that they are addicted.

Managing your blood sugar with regular sensible meals and snacks will make the transition to becoming a non-smoker easier than you ever thought possible.



Tip—Temporary Susceptibility to Colds and Flu

You may have heard people say that they coughed a lot or caught a cold soon after giving up smoking. Smoking tobacco keeps the lungs and airways awash with potent poisons that offer some limited protection from bacteria and viruses.

At the same time, smoking depresses the body's natural air-passage cleaners, the cilia. These fine hair-like structures become inactive with smoking and need a little time to repair and recommence their job of flushing pathogens out of the respiratory system.

To protect yourself against this slightly heightened chance of coughs, you might like to take a course of vitamins during your first weeks as a non-smoker.

Myth — I can have just one puff, can't I?

The idea that after becoming non-smokers we can have "just one puff" is a trap.

Research shows that when non-smokers reverted to their old habit, it usually occurs on a "special occasion", such as a New Year's Eve party when someone offered them a cigarette and they thought, "I'll just have one".

It is very very rare for someone who has become a non-smoker to go back to "just a few cigarettes". Remember, it only takes one cigarette to establish the physical craving.

The bottom line is that Non-smokers do not smoke tobacco at all.

In my own case, I am sure that, if I wanted, I could smoke a cigarette, but I know I will always choose not to. Whenever I have been offered a cigarette and the thought pops into my mind, "well maybe one would be okay", I imagine the offered cigarette multiplying into a line of thousands of cigarettes stretching into the future. After all, this is really what that one cigarette will become, and unwanted habit stretching years into the future.

You can choose to be a non-smoker for life. And rest assured, the overrated pleasures of feeling slightly dizzy and warm will quickly lose their appeal.

TIP — What About Coffee?

Coffee is one of the most potent anxiety causing substances known to humankind. A consumption of more than a few cups has significant effects on a person's emotional state. People often use coffee for a "pick-up" during the day.

I recommend that you switch to decaffeinated brands or coffee substitutes or limit your intake as much as possible.

Instead of drinking coffee, when you experience that low energy feeling that signals the natural time for a break, use your relaxation and stress management skills.

A short break, during which you close your eyes and remember the feeling of relaxation will recharge your batteries better than any cup of coffee or cigarettes.

TIP—Exercises

Use Breathing Exercises to Manage Urges — If you are in a situation in which you used to smoke, remind yourself of your achievement in becoming a non-smoker.

Take a long, slow relaxing breath. Remember the relaxation you have experienced with hypnosis, go on with what you are doing and the unwanted thoughts and urges will pass quickly.

TIP—Physical Exercise

As a non-smoker you will find that your breathing is stronger and you have more endurance. You will find yourself wanting to be more physically active.

Walking is a perfect form of exercise to begin with. Take 30 minute walks a few times each week, and notice how fit you will become.

Join a sporting club. Sometimes commitments to other people make it easy for us to exercise regularly. If we are left to our own devices, we tend to stay at home or do some more work rather get out and exercise.

TIP — Structure your environment for success

◇ Avoid being around other people who are smoking. In a short while you will be able to sit with smokers and not feel any urge yourself, but during the early stages it is probably best to avoid such situations.

◇ Cut back on alcoholic beverages while becoming a non-smoker. Being a non-smoker does not mean that you cannot drink alcohol, but during the early stages alcohol is a potent conditioner for the old behaviour.

◇ Clean and store (throw?) away all ashtrays. Who needs them anyway?

TIP — Smoking does NOT, and never did, relax you

Many smokers actually believe that smoking relaxes them.

Because smoking becomes a part of so much that they do, smokers come to believe that they actually need nicotine to function well. This is the thinking that powerful addictive drugs bring on.

There is a natural nicotine-like substance in the brain that is involved with regulating nerve impulses. When we become addicted to tobacco our brains produce less of the natural nicotine and we become reliant on the artificial version.

When psychologists monitor peoples' smoking behaviour they find that smokers reach for a cigarette when the nicotine blood levels fall to a certain point.

Because the normal ability to produce naturally occurring nicotine has become lazy the smoker begins to feel tense.

Because the smoker feels relaxed after a hit they think that the cigarette relaxed them when actually it is their tobacco addiction that has caused them to become tense in the first place.

TIP — USE THE MONEY YOU SAVE TO BUY YOURSELF TREATS.

You have achieved your goal, and it is important to REWARD yourself accordingly.