

Smoking Cessation Pre-Session Homework

1. Type out 50 ways in which your life will be improved by being smoke free. These must be stated in the positive and not in the negative. Example:

Wrong: My clothes won't reek of stale smoke.

Right: My clothes will smell fresh and clean.

Wrong: I won't waste so much money on cigarettes.

Right: I will have much more money to save or spend on _____.

2. Next, go back over each of the fifty statements and highlight the most important words to you. For instance, in the first example you might highlight "smell, fresh, clean." In the second you might highlight "money, save."
3. Gather all cigarettes from wherever you have them stored -- home, car, office, workshop, gym bag, locker, etc. and place them in a bag. Bring the bag with you to the first session.
4. Choose and write down something you will do to reward yourself for being smoke free after the 1st, 2nd, 3rd, and 4th week. Bring this list with you to your first session.
5. Type out the times and places where you usually find yourself smoking. Bring this list with you to the first session.

Why all of this homework? I want to make the most effective use of your time and money invested in smoking cessation hypnosis. These steps help to ensure the effectiveness of the time you put into the session. I will utilize what you type out in our session. This helps you take both responsibility and credit for your success in becoming smoke free! Even as you complete this homework, notice the subtle ways in which you find yourself beginning to detach from cigarettes. Each person may experience this detachment differently, and I'll be interested in hearing about your experience when we have our first session.