First Step of 10 Steps to be a Non-Smoker

by Mark Tyrrell

Step 1: “How you are being brainwashed”
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The First Step to Stop Anyone Smoking
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About this Script

Welcome to the free first step of 10 Steps to be a Non-Smoker. This is the hypnotherapy script from my 10-step audio program for smokers.

This approach forms the core of my online course How to Stop Anyone Smoking. During that course I show you how to apply this approach to your own smoking clients. The course gives you all the scripts and audio, plus video of me treating smokers, live calls and much more.

I think you’ll find it refreshingly different to the usual hypnotherapeutic approaches to smoking cessation, and I’d love to hear your thoughts on it on the Uncommon Practitioners Facebook page, or over at my therapy tips blog.

Usage notes

The client is permitted and encouraged to continue smoking throughout, and only to cease smoking when they no longer feel any desire to do so.

This script is a resource for professional and trainee hypnotherapists. Scripts are useful as a source of ideas and approaches which can be adapted to suit the needs of individual clients. We do not recommend that scripts are read verbatim.

The design of this script has been specially devised to enhance the benefits of this resource. Ample space is provided where you may write your own notes, comments and adaptations.

A number of special conventions have been adopted to make the scripts easy to use and study.

The trance script that follows is formatted so that line breaks mark suggested phrasing and pacing.

Silences play an important part in trance work, and pause markers indicate different lengths of pause as appropriate. Each coloured block indicates approximately 10 seconds.

Examples:

- Pause [approx 10 seconds]
- Pause [approx 30 seconds]

Words and phrases requiring special emphasis are marked in bold text with a highlighted background.

Example:

your unconscious mind takes care of things in that time

Studying the content and structure of these highlighted phrases will be particularly helpful to the therapist who wishes to develop their own skill in devising helpful suggestions.
[For a male client]
[No doubt you've seen the scary reports that smoking males have 50% less sex than non-smokers, how they suffer more impotence as the tiny arteries leading into the penis become narrowed.]

[For a female client]

[Your doctor has probably warned you that smoking shrivels the ovaries and messes up fertility.]

And it probably won't be news to you that eyesight can be ruined as arteries leading into the eyes are restricted, and that smokers experience more wrinkles and premature ageing as well as tooth decay and gum disease.

AND you know how much cash you dish out for the pleasure of smoking doing this to you.

Pause

And why isn't all that enough to make you stop?

Because smoking hypnotizes you into the now... and when you puff those six thousand chemicals into your body, tomorrow... next week... next year... don't matter one bit, all that matters is now, the satisfaction of the conditioned expectation to smoke.

A man falling out of a tree could feel perfectly relaxed... before he actually hits the ground... he may even believe weightlessness is relaxing and relieves stress...

However, when you can see, really see, how smoking has and does manipulate you... not just as an idea but as a reality... things will be different

Now just close your eyes and really just allow my words to drift over you
it really doesn't matter what your conscious mind does
it can analyse, criticize or even ignore my words
however, your unconscious mind can listen
because it is the part which is really concerned
with your body's survival and optimum health and life span

Pause
And just direct your awareness
to different parts of your body right now
almost as if you can start to direct and send pure relaxation
and tranquil calm
into any area of your body
just by thinking about it
just get the sense of **breathing calm and rest** into your feet right now
and notice how they relax
as all of you just starts to **relax** so much deeper too

Pause

And the tips of your fingers can rest and relax and your lungs
can have a good old rest
assured that **you can experience such powerful shifts in attitude**
and benefits to health as you **just notice deep cleansing calm** and comfort
spread and drift right the way through you

Pause

And those arms can just get the sensation
right now
almost like a slight tingling
of **deep and profound calm and comfort**
drifting right the way through them as you rest
and **relax**

Pause

And you know people often begin puffing tobacco when
they are very young
and the first one you have is an honest one
because **it hurts to smoke**
and your body gave you its fair and honest response
but you carried on anyway
and that
took determination
and as with any other type of self-harm
**you need real will power** to start
and you had the will power to by-pass and cross over
your body’s natural response to smoking and
keep doing it anyway!
And so many things we do when we are very young seem OK at the time
yet aren’t really appropriate later in life
when you and your priorities and values may have developed and changed
what fitted you when you were younger
no longer fits now you’re older

And how do people start to smoke and why
are the early teen years such a popular time to start this type of self harm?

Well, things had to be presented in the right way

Can you just imagine one teenager saying to another:
“Hey, I’ve got something for you which will really age you quickly!
It will make you middle aged and old before your time
it will rot your bones and muscles if you take it regularly
it will dim your eyesight and greatly increase your risk of depression
it will multiply cancer cells and soften your gums
it will diminish your sex life
accelerate heart disease
steal your energy and maybe even steal your life
in fact think of it as a life stealer – how about it!”

And you could imagine the other teenager saying something like: “I’m not too sure about this – how much will you pay me to take this stuff?”

“Ah no,” replies the first young person, “you have to pay to take it…”

Of course this sounds like a very bad deal, does it not?
But cigarettes never are presented really honestly in that way they are jazzed up and associated with attitudes and social belonging or rebellion
so that self harming in this way somehow feels acceptable even desirable

So in order to be well and truly manipulated and conned by a person or a behaviour you need to believe certain things or at least partly believe them at some time so that some how it’s OK to continue with that behaviour just like when otherwise intelligent people join a cult which ends up taking much more from them than it gives to them and they stick with the cult at least for a while because of what they have bought into and come to believe and it’s exactly the same with smoking at least until you really start to see through it on every level

And so it is that smokers are led to believe all kinds of stuff like hand me down beliefs and many believe they have arrived at these ideas themselves yet they’re such predictable ideas! Now you, of course, don’t fall for all of this but some believe it’s cool, or bohemian, or sophisticated or tough or that smoking is effective relief for boredom even though it’s incredibly repetitive and others believe that it relieves stress although in fact it raises blood pressure and it’s true that for some those beliefs hold it in place remember you came into this world with no knowledge of administering poisonous smoke to yourself your lungs and heart and cells wouldn’t have even considered that you had to be led and brainwashed and manipulated into at least feeling if not thinking that it was OK to buy into something potentially deadly it needs to make you
believe certain things so that you actually do it
and people who sacrifice themselves for religion or tobacco companies
both have to have a set of beliefs to make it OK for them to do that
and millions have and are ready to sacrifice themselves
for the tobacco companies
and the tobacco companies like that, of course

Strangely
some people believe smokers are somehow more
interesting or exciting people than non-smokers
or they have been taught to say things like
“Well, I could be run down by a bus tomorrow
you’ve got to go somehow!”
which is true
and one in twenty thousand pedestrians are run down and
one in two smokers sacrifice themselves to the cigarettes!

Then again others talk about their uncle, grandfather, or great aunt
who lived to one hundred and ten
ran marathons every day
never had a day’s illness in their lives and
smoked sixty a day
yep, that’s a regular one
Others feel that smoking is a way
to rebel against a bad day when what really needs rebelling against
is between their fingers and lips

Others convince themselves it is highly physically addictive
even though they sleep eight hours
without the need to smoke waking them up
or go on long haul flights without smoking
Yes all the same old associations and
hand me down notions and beliefs
keep smoking in place
and have no doubt worked upon you at least in part
at some time in the past

And you know how a cult tries to convince people
they can’t survive without it
and so the brainwashed member fears leaving it even though
everyone else can see leaving would be in their best interest
to get out while you still can
and some smokers fear stopping
they feel that smoking has become part of their identity
but of course that is a lie!
Because no-one really smokes anyway
not unless they are set on fire!

Smoking is not a process the body does –
like digestion
or blinking
even the word is misapplied

That’s it
and now you can really start noticing
how
just exactly how
smoking tries
so hard
to convince you that it’s OK
and you can begin to understand
how it has been hoodwinking you
That’s it
and now you can just begin to
drift back to the room feeling refreshed and relaxed
that’s it
and just preparing to open your eyes right now
and
that’s it
just open your eyes right now!
Click here to learn the full How to Stop Anyone Smoking approach