

Congratulations!

You are well on your way to becoming smoke-free for life! To continue this transformation, I cannot stress enough the importance of following my three-session protocol. Sometimes only one session is all that is needed, however, each following session increases the effectiveness and builds off of the previous one to ensure the highest quality results possible. Occasionally, more than three sessions are needed. Do not be disheartened if this happens to you, because I will NEVER give up on you!

Although results are never be guaranteed, this protocol is very effective when given your full cooperation. It is my job to provide quality hypnotherapy sessions for guiding you in this crucial transformation of becoming a non-smoker as quickly as possible. If this sounds like something you are ready for, do your homework and I'll see you at the office!

Brian J. Sheesley, CCHt
Hypnotherapy Here & Now, LLC



*For best results, this should be started **ASAP** prior to your first session. Please follow carefully and take this seriously... **This protocol works!***



1. Accountability

- Tell friends/family/coworkers that **YOU ARE STOPPING** this habit for good.

2. Affirmation

- Write yourself encouraging messages on sticky notes.
- Place these notes in your bathroom, kitchen, automobile, etc., anywhere you'll see them daily.

3. Substitution

- If desired, you can purchase simple, healthy substitutes for smoking (gum, toothpicks, etc).
- Be sure **NOT** to replace your smoking habit with another bad habit.

4. Visualization

- Fill a glass jar half-full of water and place your used cigarette butts into the jar.
- Do not empty or throw the jar away until after your first session... **KEEP FILLING IT UP!**

5. Cut-Back

- **Immediately** begin smoking at least one or two fewer cigarettes each day.

6. Time-Out

- Before each time you light-up, take a time-out... pause... get in touch with how you feel.
- Make a mental note of those emotions.

7. Worksheet

- Complete Page 2 of this worksheet and bring it to your first appointment.

How many cigarettes you smoke? _____/day _____/week _____/year

How much does it cost? \$ _____/day \$ _____/week \$ _____/year

When & Where Do You Smoke Most Often?

1	
2	
3	
4	
5	

What Would Happen If You DO NOT Quit Smoking?

1	
2	
3	
4	
5	

How Will Your Life Be Different When You Quit Smoking?

1	
2	
3	
4	
5	