

Hypnotherapy South West

Stop Smoking Site

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The complete site in an easy to print format

Andrew Hillsdon

DHP DPLT DSCT DWMT FPLTA MNCH

Hypnotherapy South West

Virginstow Beaworthy Devon EX21 5EA

stopsmoking@hypnotherapysouthwest.co.uk

01409 211559

Welcome to Hypnotherapy South Wests Stop Smoking Site.

I am assuming that as you are reading this, you must be a smoker, but you would rather be a non smoker. If so, read on.

Or, if you are checking this out for someone you know who wants to become a non smoker, then please [click here](#) for a printer friendly copy of this site for them.

How desperate is it when you just keep doing something that you really dont want to do?

These next few pages will help you understand why this happens, and what can be done to stop this destructive habit continuing to control your life.

Addiction

Have you tried: Patches, gums, inhalers, cutting down, cold turkey?

You have? Did they work? No! If your answer is yes , then you represent a very small minority and have no reason to be visiting this site. To you, well done.

For the rest of you who have answered yes to the first question and no to the second, heres why:

The physical addiction of nicotine is a very minor part of the problem - patches, gums etc are very ineffective and only about 7% of people succeed with Nicotine Replacement Therapy.

The mental addiction of smoking is a very major part - that's where hypnosis comes in. About 95% of the people I see successfully give up smoking.

This why, for most people, all the gums, patches and inhalers in the world won't do the job, because the problem is a mental one and lies within the inner closed part of our mind, known as the subconscious. Mental programming. And we construct these programs in the mind through habitual repetition. If we do the same thing often enough, that thought pattern then gets imprinted in the mind. Then it goes onto automatic and starts to control us!

So, the subconscious responds to circumstances around us. Example: Perhaps you find that whenever the kettle goes on, you automatically reach for your packet of cigarettes, and without hardly realising it, you find yourself sat down with a cuppa in one hand and a fag in the other.

So, what happened? The act of putting the kettle on activated a light up trigger. These triggers are unique to each smoker. Another common one might be - after a meal or when you jump into the car. A light up trigger reminds you, with the feeling of a craving, that when you do this, you have a cigarette.

Final thought: How long can you go without a cigarette? A hour? A couple?

OK. So, how many hours do you sleep?

So, you can go that long without a smoke can you? Why? Because you don't have any light up triggers till the morning.

Therapy

What is hypnosis?

A deep relaxation technique which gives you a similar feeling to daydreaming. It is a perfectly safe, natural state of mind.

What does hypnosis do?

It allows communication with the subconscious mind. Here we can retrain our thought processes to respond differently to light up triggers.

It also works on the positive benefits of being a non smoker.

Wouldn't it be nice to be able to say:

I feel fitter and healthier. I am not breathless when I run up the stairs.

I have a wonderful sense of taste and smell. I really enjoy my food.

My breath is fresh, my hair and clothes smell clean.

I am there for the people who rely on me.

I am saving a considerable amount of money.

Under hypnosis your subconscious mind will accept positive ideas like these, and having done that it will oppose any of the old smoking habits. They now have no role to play. It knows that you want these positive benefits and recognises that smoking can not help to achieve them.

The therapy also works on an emotional level, dealing with all the various feelings associated with smoking, such as guilt and fear.

The Single 90 minute session

Smoking therapy at Hypnotherapy South West is done in a single 90 minute session. After much development and research, this format has proved to be the most powerful and effective. The fee is 75.

This is what happens. You will see that it is all very straight forward and there is nothing to be anxious about.

One thing that must be made clear from the outset:

Who wants you to give up? I can only help you if the answer to that question is Me. This is important as we work with your strength of resolve and commitment.

From the moment we make the appointment, the therapy starts, so the first thing I ask you to do is plan a count down to your end day - the day you finish smoking. This will be the day when you see me. You'll need to work out which will be your last packet, and plan to get through that packet until you have the last and final cigarette just before your appointment. Savour this cigarette and know that it is your very last. This exercise will help to condition your mental thought processes, and strengthen your commitment prior to your therapy session.

When we meet, I will ask quite a few questions in order to establish the type of smoker you are. This will help me to tailor the session to your own particular needs.

We then have a practice with hypnosis, so that you can experience it and realise how relaxing, enjoyable and easy it is. Then we use various hypnotherapeutic techniques to deal with the mental thought processes associated with your smoking habit.