

# Stop Smoking in a week

As an NLP or Life Coaching consultant you can use what you learn here to offer your clients help in stopping smoking. This is a great technique to teach your clients.

We will be using tried and tested NLP techniques, that will give you a degree of command over your feelings, cravings and thoughts you may never have believed is possible. However this is not an NLP course but about how you can educate your mind to ignore your need for cigarettes.

But now let's get launched with day one.

## **Day one: Stress Control**

In just a few moments you will be able to alter the stress levels in your brain and in your body. Once you take control of stress levels, you will feel more relaxed in many situations including being dependent on cigarettes. In this exercise, we use a technique to create good feelings inside your body — the same good feelings you associated with smoking. By repeating this exercise, you will be able to ease yourself off physical nicotine addiction without the worry, stress or struggle most people experience.

### **EXERCISE 1: The Calm Anchor**

1 Remember a time when you felt really calm, at peace and in control. Return to it now, seeing what you saw, hearing what you heard and feeling how good you felt. (If you can't recall a time, imagine how wonderful it would feel to be at peace — if you had all the ease, comfort and self-control you need.)

2 As you run through this experience in your mind, make the colours brighter, the sounds crisper and the feelings stronger. When you experience these good feelings, squeeze the thumb and middle finger of your right hand together. You are associating this particular pressure in this particular place with this particular emotion. Run through this memory several times until you feel calm.

3 Go through this relaxing memory at least five more times while continuing to squeeze your thumb and middle finger together to lock in these good feelings. You will know you have done it enough when all you need to do is squeeze your fingers together and you can easily remember the feelings of calm and relaxation spreading through your body.

4 Next, think about a situation that in the past you would have found mildly stressful. Once again, squeeze your thumb and middle finger together. Feel that calm feeling spreading through your body and imagine taking it with you into that stressful situation. Imagine everything going exactly the way that you want. See what you'll see, hear what you hear and feel how good it feels to be so much calmer and in control in this situation.

5 Now, still squeezing your thumb and finger together, remember that calm feeling of being in control and again imagine being in that situation that used to seem stressful. This time, imagine a few challenges occurring and notice yourself handling them perfectly. See what you'll see, hear what you hear and feel how good it feels to be so much calmer and in control in this situation.

6 Stop and think about that situation now. Notice the difference from a few minutes ago. Do you feel less stressed and more in control? If not, repeat the exercise. Each time you do this exercise, it will become easier to experience feelings of calm "at your fingertips" . . .

There that wasn't so bad was it? But how do you stop smoking with this? remember it is a course of stepping stones that build so that you can control your mind and stop smoking from the last day of the course not the first - you will control your will power and be able to stop without experiencing the pain of withdrawal.

**Practice and we'll see you tomorrow for the next lesson.**

## Today's Topic: Lesson 2: Feeling Good

Welcome Back,

Today we will tackle how to feel good without a cigarette by creating a natural high feeling within yourself

- it's easy once you know how to use your mind.

One of the more interesting stop-smoking systems on the market used what they called an "extinction" programme. The way this worked was that over 12 weeks, you would gradually change the things you associated with smoking. In the first week you could smoke as many cigarettes as you wanted, just none after dinner. The next week was the same, but no cigarettes after dinner or in the first hour of the day. Each week you would eliminate one association until by the end of the 12 weeks, you had given up smoking altogether. While I prefer to take care of things more quickly, the principle behind their system was sound.

Human beings are creatures of habit and we associate things together. If you continually smoke cigarettes in your kitchen, after a time you will begin to associate being in your kitchen with wanting a cigarette.

In this system, we will be using the power of habitual association to help you to quit smoking today. I will be asking you to associate things you don't like with smoking — followed by positive, empowering feelings to help you to make positive choices, leading to a healthier life.

### **Going unconscious**

When we are addicted to something, we tend to build up a significant positive association to it over time. Because of this, we don't take the time to consider if we really want to do it or what it will cost us if we do — we just feel as if we have to have it and we blindly follow that thought. The brain is a mass of neural pathways and every action we take creates new connections. Every time we repeat an action, the neural pathway is strengthened, just like a footpath that becomes clearer and wider the more it is used. That is how a habit is formed.

Instead of trying to "scare you" into changing, we are going to re-write the way you have programmed your mind. We are going to link some negative associations to smoking that will help to destabilise this old compulsion. It's vitally important that we make the negative associations extremely strong to overcome the old positive association, so you may feel a little uncomfortable during this process. The good news is this — the more uncomfortable you feel, the better (and faster) the process is working.

In Lesson 1, you created some positive associations with the thumb and middle finger of your right hand,

and now we are going to put negative feelings on your left hand. Do not confuse the two. We will then begin to attach these negative feelings to cigarettes, which will begin to collapse the old addictive positive ones and give your mind something to move away from. We will then transfer your

positive feelings to the freedom of living without cigarettes, giving your mind something wonderful to aim for.

### **How good can it get?**

Remember the “calm anchor” that you created yesterday? We are now going to be associating even more good feelings to the thumb and middle finger on your right hand as we go along. You are going to programme your mind and body to release happy chemicals without cigarettes so that you automatically release good feelings at times when you used to smoke. This will not only reset your body’s natural balance, it will also enable you to feel good whenever you want without the use of cigarettes, food or any other artificial stimulants. You are going to remember some times in your life when you felt particularly good without cigarettes. Then we are going to create an association between those feelings and this squeeze of your fingers by repeating them together over and over again.

### **EXERCISE 1: LINKING BAD WITH BAD**

Before you do this technique, read through each step so that you know exactly what to do.

1 Think of a smell that you find totally disgusting. You need to be able to remember or imagine it vividly for this process to work well. For example, one of my friends imagined inhaling the exhaust of a London bus. Create thoughts that make you feel disgusted, that’s perfect!

2 Now imagine or remember that awful smell — what you notice as you breathe it in and how disgusted you feel. As you keep remembering this, squeeze your thumb and middle finger together on your left hand. Repeat this process as many times as you need until you feel utterly disgusted.

3 Next, think of a taste that you find utterly disgusting — it can be a food, beverage, anything at all. You need to find something that makes you feel quite sick. (For example, how disgusted would you feel drinking the contents of a spittoon? What if it was filled with plenty of big green juicy maggots?) Remember, you need to find something that’s repulsive for this process to work. Once again squeeze your left thumb and middle finger together and imagine swallowing that disgusting substance. Keep doing this over and over, until you want to vomit.

4 Now, as you squeeze your left thumb and middle finger together, remembering how disgusting that smell and that taste are, imagine taking a little bit of a drag from a cigarette, then a bit more and more, gradually increasing the amount of cigarette smoke. Imagine that each time you inhale from a cigarette, a little bit more of that disgusting smell and taste is getting mixed in together with the smell and taste of the cigarette.

5 Keep repeating this process until you can no longer find anything but repulsion in the idea of smoking a cigarette. If you have done this process correctly, you will now be feeling uncomfortable when you think about smoking. Great! As soon as you’re ready, it’s time to feel a lot better fast.

### **EXERCISE 2: BEAT THE CRAVING**

Part 1:

1 Press the thumb and middle finger of your right hand together to fire off the “calm anchor” that you created from lesson one.

2 Now, remember a time that you felt really good — you were having fun with friends, someone paid you a compliment, you felt incredibly loved. Return to it as though you were back there now. Remember that time vividly — see what you saw, hear what you heard and feel how good you felt.

3 As you keep going through that memory again and again, continue to squeeze your thumb and middle finger together on your right hand. Notice all the details, and make the images bigger and the colours richer, bolder and brighter. Make the sounds louder and crisper and the feelings stronger.

4 Next, think of a time that you felt DEEP PLEASURE. It needs to be intense and strong. As you keep going through that memory again and again, squeeze your thumb and middle finger together on your right hand. Recall it as vividly as possible. Remember that time, see what you saw, hear what you

heard and feel how good you felt.

5 OK, stop and relax. You'll know that you've done this correctly when you squeeze your thumb and finger together: you should feel that good feeling again. Go ahead, do that now — just squeeze the thumb and finger together and enjoy feeling these wonderful feelings. Now we're going to programme good feelings to happen automatically whenever you are in a situation where you used to smoke. This will stop you from getting cravings . . .

## **Part 2:**

1 Squeeze the thumb and finger of your right hand together to get that good feeling going in your body.

2 Now imagine taking that good feeling with you into all the regular situations where you used to smoke, only this time imagine being there, feeling great without a cigarette. See what you'll see and hear as you take that good feeling into each one of those situations without any need for a cigarette.

3 Take yourself through a few difficult situations and handle each one of them perfectly.

**For example:** You are at work and it's a little stressful, but you are able to deal with it easily.

You've had a drink or two and someone blows smoke in your direction outside the bar. As they offer you a cigarette, you confidently say "No thanks — I don't smoke". As you say those words, you realise they are true and feel even better. You've just finished an excellent meal and you think to yourself, "you know what would make this perfect?" To your surprise a deep breath comes to mind. Come on this should be even easier with the new smoking regulations as there is less temptation around.

Imagine each scenario repeatedly until you feel really good about life without cigarettes, but with more good feelings than ever before.

That's enough for today - have you stopped yet? Hopefully you can see where we are going with this and are practicing with your mindset and fingers. See you tomorrow.

## Today's Topic: Lesson 3: Self Belief

Hello again

Today it's all about how you feel about yourself and your perception that you are no longer a smoker but as a happy, healthy adult. The way we see ourselves affects everything about us. If you see yourself as a kind person, you are more likely to behave kindly towards others.

Stop for a moment and think about yourself. What images do you see in your mind's eye? What do you say to yourself about who and what you really are? Psychologists refer to this way that you think of yourself as your "self-image". Our self-image is stored in our imagination, and acts as a sort of blueprint that we can refer to to know how to behave in a variety of situations. Yet this image is not fixed. Throughout your life, you've changed aspects of your self-image many times without even thinking. Up until now, you have been thinking of yourself as "a smoker". You have probably referred to yourself that way so many times that you don't even notice any more — it's become part of your self-image.

However, the next two powerful visualisation techniques will begin the process of changing the way that you perceive yourself. We will change your self-image from that of "a smoker" to "a healthy, happy person". You will start to see yourself as someone who used to smoke but doesn't any more.

## Changing your image

For years, you thought of yourself as a child; then one day you began thinking of yourself as an adult.

The same thing happens as you shed the self-image of yourself as "a smoker". Where did this image come from? You weren't born with a cigarette in your mouth, were you? In the same way as you learnt to smoke you had to learn to see yourself as a smoker — and now you will let that old identity go and see yourself the way that you would like to be. Science has shown that everybody (barring people with neurological damage) has the ability to visualise. To prove this to yourself, answer the following questions: What colour is your front door? Which side is the handle on?

To answer either of these questions, you had to go inside your imagination and make a picture. These pictures will usually not be "photo-quality" — and that's a good thing. You need to be able to see the difference between what's real and what's imaginary. But the moment you begin to become aware of how you "see" yourself in your mind, you can change the way you see yourself for life.

### The SWISH pattern

Most people are completely unaware of the role that internal pictures play in decisions about what to do and how to behave. For example, if someone asks you to a party, you will make a picture in your imagination of how that party will be. If your picture is of you looking sad, being ignored in a room full of unfriendly people, you will probably choose not to go. If your picture is of you looking great in a room filled with attractive people who are having a great time, you will probably feel a desire to go to the party.

First, you make a picture in your mind of each possibility; then you make a decision about what to do. Of course, this decision-making process happens so quickly that most of us are completely unaware that it's going on all day long. Up until now, a large part of how you had motivated yourself to keep smoking was through these images that you were making in your imagination. You make an attractive picture of yourself lighting a cigarette and bringing it close to your mouth, and before you know it you have an automatic desire to smoke.

What we are about to do is apply an amazing technique developed by Dr Richard Bandler, one of the world's leading researchers into the practical power of the mind. Through the use of two separate images, we will train your brain to move away from the behaviour of smoking and move towards a healthy, empowered self.

Here's how it works. First, you will create an image of your hand coming up to your face to place a cigarette in your mouth. Just before the cigarette reaches your mouth, we will interrupt that old pattern with a big, bold image of you at your best — the picture of health you will learn to create in Exercise 4. Each time you do this, I want you to smash the old picture of the cigarette with a big, bright bold picture of your ideal self, as in Exercise 5. This will not only cause a "shortcircuit" in the old decision-making process that led you to smoke, it will also create a new "neural pathway" towards health. Each time you run through this exercise, you are conditioning yourself automatically to think and act differently from before.

## Excercise 4: THE PICTURE OF HEALTH

(Before you do this technique read through each step so that you know what to do.)

1 Imagine yourself as you'd ideally look if you were as healthy, happy and successful as you can imagine.

2 What do your eyes look like? What expression do you have on your face? What are you wearing? What sort of a confident posture do you have?

3 Next, make the image life size, or even larger than life. Take a few moments to enjoy looking at that future you — the you that you are becoming.

4 Now, float into the future you. See through their eyes, hear through their ears and feel what it feels

like to be glowing with health, happiness and success. Say to yourself in a confident voice: "This is who I really am!" You can repeat this exercise as often as you like. When you've got a real sense of what it would be like to be this new, healthier you, step out and put your "picture of health" to one side.

### **EXERCISE 5: THE SMOKING 'SWISH'**

(Before you do this technique, read through each step so that you know exactly what to do.)

1 Think of the very last thing you are aware of before a cigarette goes into your mouth for the first time. It can be the sight of your fingers coming up towards your face, cigarette in hand; the sight of the lit match burning as you bring it up towards your hand; even your hand reaching into the packet or rolling the tobacco from a pouch. Make sure you are seeing the image through your own eyes, as you would in real life. When you've got it, put it to one side for the moment.

2 Now, bring back the picture of health that you created in Exercise 4. Enjoy looking at it for a few moments on a giant screen — bold, beautiful and larger than life. Now, imagine shrinking it down and pushing it way off into the distance until you can barely make it out.

3 Once again, imagine the picture of what happens just before you begin smoking.

4 Now, close your eyes and imagine your picture of health coming straight at you, growing bigger and bolder as it approaches until you can see it smashing the old smoker picture into tiny pieces and filling the screen in front of you. Take a moment to enjoy the good feelings, then briefly open your eyes.

5 Close your eyes again and repeat steps 3 and 4 at least ten more times, as fast as you can.

### **There are three ways to test how well you have done at creating a new, positive association to a healthy new you:**

a Imagine the picture of what happens just before you would have begun smoking. If you have successfully created the new pattern, the old picture will feel different to you. You may even have difficulty bringing that old cigarette picture to mind.

b Imagine actually smoking a cigarette. Again, you will know you have successfully done the technique because the image of the healthy new you will be more appealing than the idea of smoking.

c If both a and b have been successful, take out a cigarette and go to light it up. If you really don't want to, congratulations.

Of course, if at some point in the future a bit of the old urge returns, you will be able to simply "swish" it away following the same steps again. See you next lesson!

## **Lesson 4**

this is the last lesson with exercises for you to learn and probably the most important where you can train your mind to reject any desire to smoke. You may already have felt a loss of interest in smoking cigarettes. It may even feel easy and almost natural for you to say the phrase "No thanks, I don't smoke".

Whether you have already quit or are simply moving in that direction, many people find today's technique enough to push them "over the threshold" – past the point where it is easier to say no than to smoke yet another cigarette.

### **Past the point of no return**

Nearly everyone has had the experience of getting to a point where they have had enough and they tell themselves "Never again!". Some people do it in the face of massive adversity, leaving a bad job or a bad relationship; giving up drugs or alcohol. It is almost as if a switch flicks inside you, and you

just know that you will never go back to that old, destructive behaviour or you take a leap into the unknown because you have just had enough of what you do, be it a job, work situation, relationship, etc. Nearly everyone I have ever met has moments like this in their own life. Let's take a few moments to anchor this feeling of unstoppable determination to your decision to quit smoking for ever.

### **Over the threshold**

When I first began to learn about helping people to quit smoking, I was particularly interested in why some people were continually trying to quit (and failing) while others didn't even seem to think about it at all – one day they just quit completely and never smoked again. What made the difference? It turned out that they had all experienced a series of moments of emotional intensity in a very short space of time.

After all, most smokers think "I really ought to give up" from time to time. Often it's just a thought without much emotional intensity behind it. Even when there is emotional intensity, say in the wake of hearing about someone who has had cancer diagnosed or a sudden pain in the chest, it usually remains as an isolated incident and it can be months or even years until the next significant emotional event.

**This emotional drive is the key.** If several negative moments happen in quick succession, the brain is overwhelmed and your biological survival mechanism kicks in. It works something like this: you get a chest pain, a close friend has cancer diagnosed, several of your friends quit and you feel the social pressure, your partner quits, you find yourself short of breath or you go on a smoking binge and wake up with your mouth tasting like an ashtray.

If these incidents had happened in isolation with plenty of recovery time in between, they would not necessarily be enough to get somebody to quit. But when all these things happen around the same time, the critical mass of emotional negativity towards smoking pushes your brain through a threshold. Your brain starts to worry, a massive negative feeling builds up in your body, your primal protection mechanism kicks in and you say to yourself "Never again!" A strong negative association begins to build up towards smoking and it tips you over the edge, like the last straw that breaks the camel's back.

The wonderful thing is that you don't have to wait until you are experiencing serious health problems in the future to change. By vividly remembering four of the negative incidents you have had in relation to smoking over and over again, you can create an artificial threshold experience that will be every bit as effective as the ones that can happen spontaneously.

This works because the mind cannot tell the difference between a real or a vividly imagined experience. If you close your eyes and remember something scary in great detail, your body will produce a fear response. Similarly, if you vividly remember all the times and reasons you have thought "I am going to quit smoking" over and over again, you will build up a mass of negative feelings about smoking, and the growing sense of repulsion pushes you over the edge from "smoker" to "someone who used to smoke".

The power of this technique comes from both the intensity of your feelings and the speed at which you apply it, so it is especially important to take the time to read through it completely several times before you actually do it.

### **EXERCISE 6: SCREW IT!**

1 Take a few moments to remember a time when you thought to yourself, "Screw it – I'm just going for it!" It might have been about something big or small, but either way, you could feel that unstoppable determination propel you in a positive direction.

2 Go back to that time in your mind – see it through your eyes, hear it through your ears, and feel that feeling spread through your entire body.

3 Now think about your decision to quit smoking for ever. Notice how powerful you feel having made this decision while experiencing these feelings. Actually hear yourself say the words "Screw it – let's do it!" in your mind.

### **EXERCISE 7: THE THRESHOLD TECHNIQUE**

1 Call to mind the three times when you most enjoy or feel the need to smoke. (For example, first thing in the morning, at work, after dinner, etc.) If you like, you can write them down so it will be easy to remember them later.

2 Next, call to mind four negative experiences with smoking when you felt that you really wanted or even had to quit smoking. Maybe you had a health scare, or you just felt repulsed by smoking. Once again, make a list of them so you can easily call them to mind.

3 Now run through the first of those four negative memories in great detail. Do it as if you were back inside the experience, reliving the moment completely. See the things you saw, hear the things you heard and feel completely the negative feelings you felt all over again, as if you are actually there.

4 Repeat the process with each one of the memories. Go through each memory again and again, one after another. Each time you do this, make the images bigger, brighter and more colourful so they are becoming more and more intense. Go through them faster and faster until the events begin overlapping and the worst parts are happening over and over again, one after another after another.

5 Only when you have generated an overwhelmingly strong negative feeling throughout your body, think about having to smoke a cigarette. Imagine that somebody is trying to force you to smoke, even though you no longer want to.

6 Now, run through each of the three times when in the past you would have enjoyed smoking. Imagine somebody forcing you to smoke in each of these three situations until you want to scream "Screw it – never again!" Many people need to do this technique only once to feel totally free of their attachments to cigarettes. But if you want to you can do it carefully and thoroughly as many times as you need to reinforce the effect.

Well done if you have practiced and taken this all in you have the ability to stop smoking without the need of further help. Still not convinced then our further lessons provide other means of stopping and helping yourself but without willpower and your mind working for you these will not work on their own.

## **Today's Topic: Lesson 5: Checklists**

This lesson is not about exercises or mind work but are simple, practical checklists of what you can do to help you quit by making minor changes around you.

### **Before you stop**

Don't be afraid to ask for help. Ask family and friends not to smoke around you.

Wash your clothes to get rid of the smell of smoke.

Write down the reasons you want to become a non-smoker.

Ask your partner or a friend to stop with you - make a contract with each other.

Make a date and stick to it. Draw up a plan of action and consider all the methods available.

Smoke in circumstances that aren't especially pleasurable.

Don't empty your ashtrays. This will remind you how many you smoke, and the sight and smell of stale cigarettes butts will be very unpleasant.

Don't think of never smoking again. Think of stopping in terms of one day at a time.

Keep busy on the day you plan to stop - go to the cinema, take some exercise, or do something you've been putting off.

Make an appointment to see your GP or practice nurse, and see what help they can offer you to quit.

### **Positive steps**

Get more active - walk instead of driving or taking the bus and use the stairs instead of the lift. Exercise helps you relax and boosts morale.

Change your routine to break the association of smoking with certain times of day or places.

Change your surroundings when the urge to smoke seizes you. Research has shown that even a short walk can quash nicotine cravings.

Put something other than a cigarette into your mouth. Try carrots, apples, celery, raisins, or sugarless gum.

Tell all your friends and family that you've already quit - you'll be embarrassed if they catch you smoking.

Stop carrying or hoarding cigarettes - at home, in your bag or at work. Don't 'borrow' any.

Throw away all your cigarettes and matches. Hide or give away your lighters and ashtrays.

Visit your dental hygienist and have your teeth cleaned to get rid of tobacco stains. Resolve to keep them that way. Enjoy having a clean taste in your mouth and maintain it by brushing your teeth frequently and using a mouthwash.

Avoid a heavy intake of alcohol, caffeine, or other stimulants or mood-altering substances.

Pay a family member or friend £5 (if they catch you smoking) as a deterrent.

If your partner smokes, try to encourage him or her to quit, or at the very least not to smoke around you.

Think positively - withdrawal can be unpleasant, but it's a sign your body is recovering from the effects of tobacco.

### **In times of temptation**

Ease withdrawal symptoms with nicotine replacement therapy (NRT).

Keep busy - go for a walk, visit a friend or start a new project.

Change your routine - avoid the shops where you usually buy cigarettes.

End meals or snacks with something that won't lead to a cigarette.

Avoid people who smoke - spend more time with non-smoking friends.

Keep your hands busy - doodle, knit, send an email to someone you've lost touch with, or do the crossword

Drink plenty of fluids - keep a glass of water or pure fruit juice by you and sip it steadily.

When your desire for a cigarette is intense, clean your teeth or wash your hands to reinforce how pleasant it is not to smell of smoke. If you miss having something in your mouth, try toothpicks, or carrot or celery sticks.

If you always smoke while driving, sing along to your favourite music instead, or use public transport.

Never allow yourself to think that 'one won't hurt' - it will. It's a slippery slope.

### **Tackling mealtimes**

Be careful what you eat - try not to snack on fatty or salty foods. Help your body to get rid of nicotine - drink plenty of water, eat fresh fruit, vegetables, whole grains, and fibre-rich foods.

Change your eating habits to help you cut down - for example, drink milk, which many people consider incompatible with smoking.

Change your daily schedule - eat at different times, or eat frequent small meals instead of three large ones, sit in a different chair.

Find other ways to close a meal. Play a tape or CD, get up and make a phone call, or get into the habit of going for a short walk. Instead of smoking after meals, get up from the table and brush your teeth. Try to avoid alcohol, coffee and other drinks that you associate with smoking.

### **It's a mind game**

Light incense or candles instead of a cigarette.

Cut a drinking straw into cigarette-sized pieces. Inhale air.

Collect all your cigarette butts in a large glass container to remind you how much you smoked.

Take ten deep breaths and hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it's a cigarette and crush it out in an ashtray. Repeat.

Decide positively that you want to stop. Try to avoid negative thoughts about how difficult it might be.

When your cravings become overwhelming, have a warm bath or shower, go for a walk or meditate.

If you miss the sensation of having a cigarette in your hand, hold a pencil, pen or toothpick.

Identify the trigger - exactly what was it that prompted you to smoke? Decide now how you'll cope with it next time. Understand that withdrawal symptoms are temporary - they're healthy signs that your body is repairing itself from its long exposure to nicotine.

### **Think of the savings - and the treats**

Make a calendar for the first 90 days and fill in how much you saved each day by not smoking. Take one day at a time - each day without a cigarette is good news for your health, family and bank balance. Make a list of things you'd like to buy for yourself or someone else. Estimate the money you've saved by not buying cigarettes or tobacco and buy some presents. Buy yourself flowers to celebrate totally smoke-free days - you may be surprised how much you can enjoy their scent now.

## Today's Topic: Lesson 6: New You

Welcome back to the final lesson

There can be no excuses for not stopping smoking - nowadays there is more help to quit than ever before, reinforced by new legislation that bans smoking in public places - one means of help is nicotine replacement therapy which can help smokers to quit and nearly doubles the number who stay off cigarettes long-term for those with strong cravings. What follows is a quick review of this help before we move onto the new you.

**NICOTINE GUM** - Heavy smokers found it easier to give up if they took the stronger, 4mg, rather than the weaker, 2mg, version of the gum. It also might be slightly more effective when combined with patches.

**NICOTINE PATCHES** - Again heavy smokers seemed to find it easier using the higher dose patches, 25mg, than the lower dose ones. There is some evidence that combining patches with gum might also improve things slightly.

**MICROTABS, LOZENGES, NICOTINE NASAL SPRAYS AND INHALERS** - It has been speculated that any differences in the effectiveness of these might be due largely to personal preference: some people prefer a snort while others like to have a lozenge to suck.

**ZYBAN** - The antidepressant Zyban (bupropion) has been shown to double the chances of giving up smoking. Its success rate is about the same as NRT.

**ACUPUNCTURE** is often used as an aid to stop smoking the evidence for its effectiveness is mixed.

**HYPNOTHERAPY** A review cautiously classified the treatment as being "possibly efficacious".

Research shows that undertaking exercise whilst stopping smoking can increase your chances of being successful.

This has been put together to show a typical consultation that a Counsellor would offer a client if trying to quit smoking. You can adapt methods used here for other addictions.