



All Phase Support for Self-Improvement

STOP SMOKING ...Pre-Quit Date Clean-Up Ritual

- 1. A few days before your actual quit date begin transforming your environment into a smoke free dwelling space.**
- 2. Empty all ash trays in your cars, check for hidden lighters and any reminders of smoking .**
- 3. Also clean up your home and office. Get rid of all smoking articles such as ashtrays or spare stashes that only you know about.**
- 4. Don't buy any cartons of cigarettes, pipes or cigars etc. Dispose of any you may have.**
- 5. The day before air out your living space, vacuum and sanitize with Lysol to remove any stale, lingering smoke odors (you're going to be very sensitive to the odor of smoke).**
- 6. Please dispose of your last pack of cigarettes, cigars etc. before your Stop Smoking Session. As you know thinking positive and removing any temptation will ensure your success.**
- 7. Stock up on comfort foods (such as yogurt, herbal tea, flavored seltzer). Remember to think of soothing foods that are low-fat.**
- 8. Be sure not to supplement caffeine for your former smoking habit.**

Here's to the good health and vitality you will soon be enjoying!

To Book Your Session
Telephone (516) 242 - 4784



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Recommended tips for people who have *quit smoking with Hypnosis*:

- Use replacement rituals, for example; individually wrapped sugar-free candies, mints, throat lozenges, carrots or celery stalks, (sliced and chopped to about the size of a cigarette) stored in plastic bags may work well for you. Flavored toothpicks are also good. You will gradually wean yourself off them when you feel comfortable.
- Exercises to relieve stress and tension.
- Avoid being in the company of heavy smokers.
- Avoid alcohol.
- Stay very conscious and alert when you do anything associated with being a former smoker.
- Remove all articles associated with smoking (lighters, matches, ashtrays etc.)
- Drinking as much fresh water as possible will immediately stop any craving.
- Replace depleted Vitamin C with fresh squeezed orange juice, lemons or limes.
- Consider having stale smoke odors professionally removed from your vehicle.
- Congratulations! By quitting smoking you've given yourself the gift of good health.

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STOP SMOKING QUESTIONNAIRE



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1. *How do you feel about quitting?* _____

2. *What are the three main reasons you want to quit smoking?*
 - 1.
 - 2.
 - 3.

3. *List three fears you have of what will happen if you continue smoking?*
 - 1.
 - 2.
 - 3.

4. *What fear do you have of quitting?* _____

5. *On what occasions does your desire for cigarettes increase?*

6. *Is there a particular time of day you smoke? (What is your typical smoking routine)*

7. *How has smoking affected your health? (ex. chest pain , cough)*

8. *Tell your smoking story when you started and why?*

9. *Have you ever tried to quit, if so for how long? What made you return to the habit of smoking?*

10. *What's going on in your life that could be causing you to use cigarettes as a crutch?* _____

11. *What brand have you used?* _____ *What hand do you use to smoke?* _____

12. *How many cigarettes or packs do you smoke a day?* _____

13. *How long have you smoked for?* _____

14. *Is there anything you would like to add?* _____

15. *What do you think you have to think and say to yourself in order to walk out of your session and be finished with smoking forever?* _____