

Smoking Cessation Script

Progressive Muscle Relaxation Deepener

Make yourself comfortable... move around if you need to... just as you would move around at night when you sleep... it helps to relax you... and... as you start to make yourself comfortable... you can move your attention all the way down to the tips of your toes... and you can imagine that your toes are starting to feel pleasantly warm... warm and relaxed... and... as you become aware of your toes relaxing... you can allow that warmth to begin to spread... with each in-breath... and as you breathe in... you can notice that this feeling of warmth is starting to spread into the muscles of your feet... and... any unnecessary nervous tension is starting to ease its way out of the muscles of your toes and feet... and with each breath out... you can breathe out this unnecessary nervous tension... and continue to breathe the feeling of warmth and relaxation into these muscles... and... as you do... you may notice... that there may be times when... you are no longer aware of the your toes and feet... as they are so relaxed... so very relaxed... and... without you even being aware of it happening... as you continue to breathe... your in-breath starts to carry this relaxation into the muscles of your lower legs... your calves relax... loosen up... and there may be times when these muscles are so relaxed... so very relaxed... that you can't be bothered to notice them at all... and... all the while... that relaxation is spreading upward... like liquid up a straw into the muscles of your knees and thighs... and you can really start to enjoy this feeling... this sensation as your muscles start to relax... really relax... all the way through relax... and you start to notice that as this feeling spreads... your mind starts to relax too... your thoughts focus in on what is important... important to you...

... and... as your body continues to drift deeper and deeper relaxed... the feeling of warmth spreads deeper and deeper... into your body... your chest and your shoulders... and through your arms... all the way to your fingertips... and you may find that there are times when you are no longer aware of your body... your muscles are so relaxed that there are times when you are no longer aware of your body... no need to be pay attention to your body as it relaxes all by itself... without you even being aware that it is happening... now... the muscles of your neck and jaw... your tongue... and your face... all these muscles become warm and relaxed... your scalp and ears... and all the way through from the tips of your toes to the top of your head... warm and relaxed... all the way through relaxed as you sit there... all the way deep down... and comfortable... breathing freely and easily... you will find that... the sound of my voice... will help you... to relax... ever more deeply... as we go on...

Preparation for Therapeutic Suggestions

And NOWww... I would like you to allow your unconscious mind to imagine you are standing on a balcony at the top of a flight of stairs... the steps are wide... the stairs are brightly lit... there is a handrail... there is no need for your unconscious mind - your memory - to allow your conscious mind – your awareness, to let you know how you are experiencing this... the only thing of any importance for you to know is that YOU ARE IN CONTROL...

In a few moments in time I am going to ask you to begin to walk down these stairs... and as you walk down these stairs... you will hear me count down from 10 to 1... and with each descending number... each descending number between 10 and 1... you will become... one tenth more relaxed... ten percent more comfortable to LEAVE SMOKING BEHIND IN THE PAST... one tenth more able to ENJOY LIFE WITHOUT SMOKING... ten percent more able to LOOK FORWARD TO LIFE WITHOUT SMOKING...

And... as you walk down these stairs in a few moments time... I would like you to become aware that you are going in your own time... at your own pace... and it is important that you go at your own pace to make sure that YOU ARE IN CONTROL... COMPLETELY IN CONTROL OF YOUR SMOKING HABIT...

So ready... begin to walk down the stairs now... and it does not matter that you do not yet know where you are going... the only thing of any importance for you to know is that YOU ARE IN CONTROL... COMPLETELY IN CONTROL... and as you walk down the stairs you will hear me count down from 10 to 1... and with each descending number...becoming one tenth more relaxed...

So ready... 10... deeper and deeper... 9 more and more relaxed... more comfortable too... 8 and if you begin to enjoy the experience of going ever deeper into this wonderful state of focussed concentration... sometimes known as the light trance state that will be fine, just fine... 7... for the more you enjoy the experience... the deeper into this state you can go... the deeper into this state you go... the easier it becomes for your unconscious mind... that part of your mind which knows you best... 6... to TAKE ON BOARD ALL THE SUGGESTIONS TO BREAK THE SMOKING HABIT... AND BECOME A NON SMOKER... 5 so you will be easily able to ENJOY LIFE WITHOUT SMOKING... 4... deeper and deeper still... 3 and it may even surprise you at just how deeply into this state of focused concentration you can go... 3... 2... and 1... look forward now... LOOK FORWARD TO LIFE WITHOUT SMOKING... and find yourself at the foot of the stairs...

In front of you is the door to a walled garden... it is a place you are familiar with... a safe place... it is a place where your mind goes at night when you sleep, when you dream... it is a place where your mind goes to work out any of the problems of the day on an unconscious level... this time you are going to enter the garden consciously... deliberately... once there all you would like to do is lie down and sleep... rest... rest assured that YOU NO LONGER SMOKE... but not just yet... before you do that there will be a task for you to complete...

As you stand before the door to this walled garden... become aware that in your hand is the key... place it in the lock in the door and enter the garden... it is a lovely place... warm and peaceful... everything in the garden is fine... except for one thing... and this is your task... first you can choose the spot where later you can sleep... and dream of your life once SMOKING FOR YOU IS A THING OF THE PAST...

And NOWww... go to the back of the garden... there is a patch of weeds... this is your task to remove all of the weeds completely... by the weeds there is a fire in a metal bin... by the fire there are tools... by the tools there is weedkiller... by the weedkiller there are seeds... by the seeds there is fresh earth... by the fresh earth there is fertiliser and by the fertiliser there is water...

You know what you must do... dig up every one of the weeds and burn them... scatter the ashes... replenish the earth... sow the seeds and fertilise and water them... take just as long as your unconscious mind needs in order to fully complete this task... and only when you have completed this task you can lie down to rest... sleep... rest assured that smoking for you is a thing of the past... in the past where it will remain for ever and ever...

Remain silent for a few minutes

And NOWww... whether you are working or resting... you will continue to hear the sound of my voice... the sound of my voice... while I speak to your unconscious mind about a matter of importance... important to you

You came here because you wish to break the smoking habit and now you will...

Direct Suggestions - General

Whenever you are in a mood, or a place, or a situation, where in the past you would have smoked... you will feel so relaxed... so confident... so pleased with yourself... that you have no desire to smoke... you feel better... and more optimistic too... better because you are in control... you are in control... in control of your thoughts... your feelings... your actions... and... as the days... and the weeks... and the months go by... and you become... and remain... someone for whom smoking is a thing of the past... you remember that you did this... you took control... and you can be pleased with yourself for breaking the smoking habit...

Direct Suggestions - Moods

and... you can notice... that now you have decided to take control of your smoking habit... you will find... that the moods in which... in the past you would have been tempted to smoke... will fade... you will be more in control... more relaxed in all situations... you will find that you now feel more confident... now that you no longer smoke...

Direct Suggestions - Situations

and... now you will be very aware of the situations where in the past you would have smoked... and... as you are so aware... you will be able to say to yourself... I am in control... I am just not having this one cigarette... I can do this... and... instantly and immediately you are in control... and the only thing which will come to your lips is a smile...

Direct Suggestions - Excuses

and... now you have made the decision to become a non-smoker... and... most importantly to remain someone for whom smoking is a thing of the past... you will make sure that you never... ever... trick yourself into smoking ever again... so if anyone offers you a cigarette... or you are asked if you smoke... you will be very pleased to say... I have stopped smoking... and this will reinforce the fact that you no longer smoke... if anything... you will have more control... over your other habits... you

will now feel that you can take control over other things too... so that no matter what happens... you are in control of your smoking habit...

Direct Suggestions - Confidence building

and... now that you no longer smoke... now that smoking for you is a thing of the past... you can feel pleased and proud that you did this... you took control... you made the decision and you can feel as proud of this... as proud as you were of (insert pre-identified event of success)...

Direct Suggestions - Future projection

and... now that you know you no longer smoke... you will feel confident to remain a non-smoker... you will notice that as each day goes by... you will feel better and better about being a non-smoker... you will feel more and more confident that no matter where you are... who you are with... and what you are doing... you will have no desire to smoke...

Direct Suggestions - Put smoking into the past and wake up the part which knows how to enjoy life without smoking

in fact... at night... when you sleep... when you dream... you will rehearse your next day... and... as you do... you will rehearse being in control of your smoking habit... you will then find... that when you wake... you will feel fine... and refreshed... and relaxed... and you will find... that when you go into the mood... or the place... or the situation where you used to smoke... you will feel completely in control... it feels completely natural... natural to be in control of your smoking habit... and this control will become stronger and stronger... until you... forget about smoking... forget about smoking... leave it behind in the past... where it will remain... for ever and ever...

Remain silent for a few moments

deep sleep... deep sleep... as if to dream of your future... of a time when smoking for you is a thing of the past... in the past where it can and it will remain for ever and ever...

Remain silent for a few minutes

and in a few moments in time... I would like you to go back to the place where you dug up the weeds... and you will be most surprised... in the place of the weeds something beautiful has grown... so you can go and check your work... NOWww...

Remain silent for a few moments

It is time to leave the garden now... and know that everything in the garden really is good... because you did the work... and it all belongs to you... and if at any point in the future you wish to return to the garden... at night in your sleep in your dreams... to work out any other problem you can do so... safe in the knowledge that you no longer smoke... and you can enjoy life without smoking...

Leave the garden now... close the door and lock it... place the key somewhere safe... hang it on a nail or put it in your pocket... but always remember that it belongs to you...

Return to the stairs now... and run up them... run up them for the sheer pleasure of movement... notice how much more energy you already have now that YOU NO LONGER SMOKE... wait for me at the balcony...

Usual ego strengthening and re-orientation into the present