



# 7 Steps to Kick the Habit

## 1. Label It As a Habit

What is a habit? It's when you automatically think about doing something. Consider the actions of most smokers: you get out of the car, you have a cup of coffee, you finish a meal... and during each of these triggers there's a cigarette in hand.

It's no longer a conscious choice, it's an action of association: the same way that Dr. Pavlov could ring a bell and make his dogs salivate as if they were being fed.

How many times have you thought about doing something, and simply decided there was something better to do? Perhaps you thought about buying something, and then decided your money was better spent on something else?

Of course, that's also true of cigarettes! The behavior is simply a thought, and it's a thought that no longer has to have power over you.

## 2. Change Your Words, Change Your Mind

Our English language has two words that people use all the time, and these two words are a recipe for failure.

"I'm TRYING to quit smoking."

"I HOPE I can quit smoking"

Let's start with the word TRY. This word "try" sets up the mental expectancy that you cannot do it. If I asked you to try and take a pencil out of my hand, and you reached over and took it, understand that you may have been successful in removing the pencil from my hand, but you didn't quite follow the instructions. Instead of TRYING, you JUST DID IT!

The word HOPE is just as bad. Hope is taking all personal responsibility and handing it off to the world to fix it for you. Understand that there's only one person in the world that can MAKE you quit smoking, and that's YOU.

Quitting smoking is like a light switch. It's either on, or it's off. You either do it or you don't do it.



### 3. Build an Environment of success

Through years of working with clients to quit smoking, I have discovered there are two types of people who go through this process: the ones who tell EVERYBODY they're quitting smoking, and the ones who tell NOBODY they're quitting smoking. I've even had clients show up and announce that even their spouse didn't know they were coming in for hypnosis!

Consider the subconscious message which is being expressed here: "If it doesn't work, people won't know."

First of all, I've found great success with both types of people. I'm here to support you however you decide to change.

Can you guess which one found the success the easiest? The one who told everybody! Building a supportive environment sends that message to the inner mind that you're stopping smoking for real this time and that's the end of it.

What do I suggest? Tell everyone you meet. Post it on Facebook. Announce the time of your session. Take a picture of you throwing away your cigarettes. Have fun with it: you're doing something wonderful for yourself!

### 4. Release Self-limiting Beliefs

What if your family, friends, and coworkers are still smoking?

I've seen it all. The wife is quitting, but the husband doesn't want to. The manager is quitting, but his entire staff smokes. The corporate Vice President is quitting, but he smokes with the CEO every day.

These situations are usually expressed as "It's going to be hard to do this because. . ."

Hypnotists help people change their minds. I like to ask the magical "What if. . .?" questions. What if the fact that everyone smokes around you can now become every reason you don't have to do that to yourself anymore?

I've also heard this kind of statement shared in reference to medical diagnosis, everyday anxieties, and stress. Well, what if the fact that life is occasionally stressful can now become every reason you don't have to put undue stress on your heart and lungs by polluting your body with poisons and stimulants?

What if this could be the easiest thing you do in a long time?

## 5. Simplify It

What do you have to do in order to be successful with this goal?

Nothing.

You used to do something. Now you don't have to do it anymore.



## 6. Understand It

Nicotine leaves your body in 3 days. You literally pee it out. Increase your water intake, and you may be able to speed it up.

Google the words "nicotine replacement therapy" and words like "success" or "efficacy."

You'll find success rates of 20-25%. The control group that received a placebo (inactive patch or gum) found around 15-20% success. The nicotine replacement techniques were only a small fraction above something that was make-believe. The bottom line? With that technique, likely four out of five people will fail.

What does this mean? If it really were just about the nicotine, those techniques would work. Every time. But they don't. It's a habit. It's a behavior. It's just a thought.

## 7. Have the Right Motivation

Why do you want to do this? Did your doctor tell you to stop? Would your partner stop giving you a hard time if you quit? Do you just think it would be a good idea to quit smoking? Would it be nice to save a little extra money?

These are all good reasons, but they're not the reason that's going to make you successful. The one mindset that is going to produce the best result is if you can honestly look at those cigarettes and tell them:

"I don't like you, and I don't want you in my life anymore."

Yes, those other reasons mentioned above are important, but you've got to do it for yourself. This is your goal, and the more you own it, the more success and ease you will experience.

I can help you make this change in your life.

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