

Hypnosis and Smoking Cessation:

The Power of Suggestion

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Hypnosis has often been viewed as being mysterious and exotic. Actually, it is pretty straightforward and accepted. Hypnosis has been accepted by the American Medical Association (AMA) since 1958. Hypnosis is a focused state of relaxation. It is a natural state of mind. In that focused, relaxed state your subconscious mind is more open to suggestion.

Hypnosis is a useful aid to help you stop smoking. Hypnosis won't do it all for you, however. It is stressed by all hypnotherapists that you must WANT to quit... truly want to, or it won't work. Neither will anything else, for that matter, unless you do want to quit smoking.

Ken Steinmetz, Certified Hypnotherapist at Hypnosis for Health, had this to say about smoking cessation: "You already know intellectually that smoking is dangerous to your health. You have all the facts and information, but still you continue. Why can't you stop? Getting your subconscious mind involved with the program is key. Your subconscious mind controls your habit center and emotions. We need to get the message to your subconscious mind in a way that it can help you, not sabotage your efforts."

"How do I know hypnosis will work for me?"

All hypnosis is self-hypnosis. You can talk yourself into something as easily as you can talk yourself out of something. Focusing our imagination or our subconscious mind more intently on what we are supposed to do, on making the healthy choices can help you to be successful.

Second, as Emile Coue once said, "when imagination and reason are at war, imagination always seizes the day." This is how our greatest fears tend to be realized: we let our imagination stray into all that could go wrong, without creatively investing in how good it will feel to succeed! For example, your intellect knows that being overweight is unhealthy. But if every day you look in the mirror and imagine, "I'm getting fat", even repetitiously saying that to yourself, that is all your subconscious sees and hears, and you will act on that supposition. When you are offered that extra piece of chocolate cake, you'll say to yourself, "oh, what the heck, I'm fat, I'll start my diet tomorrow". Just imagining yourself as fat helps create a self-fulfilling prophecy and a vicious cycle. That is why pessimists usually fail and optimists usually succeed. Imagining yourself thinner, healthier and happier is the key to successful weight loss. Just as imaging yourself as a healthy, happy NON-smoker is key to successful smoking cessation.

With hypnosis you are more consciously in touch with your emotions and imagination. Thus, with the help of a good hypnotherapist, you can begin to intentionally associate stronger feelings with your goal and not the problem, using positive imagery. And just as an athlete gets "psyched up" to win, you are more able to use your imagination to picture your success in detail. This is how we get motivated to change. Winners don't start winning by running away from imagined failure!"

Can Hypnotism help me stop smoking?

Yes, but you have to really want to quit. That's the determining factor. If you are quitting because you "should," because of peer pressure, because your doctor told you to, because your significant other gave you an ultimatum, or because of fear of illness, then hypnosis or any other kind of therapy is unlikely to work long-term. **You must WANT to STOP smoking for YOU!**

Many people have found quitting smoking with self hypnosis to be easy and painless; for others, quitting smoking is difficult no matter what method is used. Regardless of how easy or difficult it is, self-hypnosis always makes it easier than it would otherwise be

Whether or not one has hypnosis to aid in quitting, one thing is apparent, no matter the method... one must believe he/she CAN do it. Without that, it's only a matter of time before one folds. I know. I've done it hundreds of times myself. Now, I believe I can because I only have to do it **today**... just today. I can do anything for one day, even not smoke. With that positive attitude and using ongoing self-hypnosis, I have remained a NON-smoker since April 7, 1997.

Hypnosis has helped me and many others make it easier to quit smoking and stay quit, and any method that helps to do that is worth investigating. Learning healthy stress coping mechanisms once you have stopped smoking is essential for long-term smoking cessation. Deep breathing relaxation is the easiest, cheapest most convenient form of relaxation available. The average smoker takes 7-10 deep breaths per cigarette; a big part of the relaxation people experience. So when you stop smoking, don't forget to breathe! Consciously practicing taking 7-10 deep breaths once an hour can help you relax and remain calm, making it easier to avoid any urges to smoke. So breathe, and RELAX. Gain back your sense of self-control and get healthier through self-hypnosis today!

**Always bear in mind that your own resolution to success
is more important than any other one thing. ~ Abraham Lincoln**

**Use hypnosis today to STOP smoking, and learn and use ongoing, healthy
stress management techniques to help you remain smoke-FREE!**

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