

## **Brisbane Hypnosis Centre**

[www.brisbanehypnosis.com.au](http://www.brisbanehypnosis.com.au)

Phone 07 33544555

Congratulations on making the decision to stop smoking permanently.

Our therapists have been instrumental in helping literally thousands of individuals quit their smoking habit permanently. You have already taken the first step.

You will find enclosed testimonials from some of those who have become non-smokers with us, and also a short introduction to hypnosis. To stop smoking permanently, it is important to understand how hypnosis can help you. With this in mind, we encourage you to read this information carefully, and feel free to call us if you have any further questions.

Thank you for your enquiry.

A handwritten signature in cursive script that reads "Rachel Kennedy". The signature is written in black ink on a light blue background.

P.S. We use hypnosis to assist our clients in a range of areas, from stress and insomnia, through to pain control, weight loss, sports achievement and memory problems ... the list goes on. Just call us if you have a need in any of these, or related, areas, and we may be able to help you.

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## **MORE INFORMATION ON QUITTING**

When someone decides to stop smoking, that decision is of course a *conscious* decision. Unfortunately, as we stated on the previous page, having made that decision, many people then experience how the habit just wants to go on regardless. That is because the habit is in a deeper part of the mind – it has become part of your subconscious mind. It creates the nagging desire for a cigarette and becomes caught up in your response to different situations and emotions, such as stress.

By accessing the subconscious mind, you can create change at the same level of mind as the habit itself. In this way you overcome the psychological addiction of smoking. Instead of forcing yourself not to smoke using a lot of effort and willpower, you find yourself more in touch with the natural intelligence of your mind and body, with a desire to not smoke.

One of the nasty things about the smoking habit is that it interferes with or disconnects you from your basic 'OK-ness'. In other words, you feel a need to smoke in order to feel O.K. But when you leave behind the habit, you also leave behind this unpleasant feeling, and connect again with your fundamental 'OK-ness'. If you are a smoker now, you might understand this intellectually, but as a non-smoker, you will experience the living truth of this.

In your session, you create a change in the way you respond to situations or emotions that trigger the urge to smoke. When you find that you can have more of the things that you want by not smoking - for example, feeling more satisfied, more at ease, more calm, - then you'll find yourself simply doing what makes you feel the best: not smoking. In this way, a distinction is made between becoming free of the habit in your mind, as opposed to simply finding some means of denial. With freedom, denial becomes a non-issue.

## **About Hypnosis**

In terms of our behaviours, patterns, and habits, the subconscious is by far the most influential part of the mind. Hypnosis is a way of accessing and influencing this part of the mind to change unwanted behaviours and habits, and create new patterns and new responses that are more aligned with what we really want for our lives.

Contrary to popular belief, hypnosis does not mean you become asleep, unconscious, or unaware. In fact, your senses become more heightened than usual. You remain awake and in control, and normally hear everything that's said to you. It's not about having commands somehow 'installed' into you that you follow like some sort of robot. It is an effective way of accessing your inner resources and abilities, and an effective way of leaving behind those things that are no longer useful or appropriate for you. In this way real change is produced from within, in a completely comfortable and appropriate way.

I know that for a smoker, the thought of not smoking can cause some anxiety. Remember, as a non-smoker, this thought is one of the things you will leave behind, for good. Thank you for your enquiry, and we look forward to assisting you in this important change. If you have any further questions, or you'd like to make an appointment, please call us.

### **CAN I STOP SMOKING?**

It is important to understand that nicotine addiction is not the main problem in stopping smoking. Nicotine can be completely out of your system in three or four days.

If an addiction to nicotine was really the problem, then people wouldn't experience a difficulty quitting when they're using patches or gum.

The reason for most people's problem is that they have never overcome the psychological habit of being a smoker. Think about it – this is something that is done repeatedly, for some people even up to 100 times or more a day. That habit is lodged in your sub-conscious mind. It is the nagging desire this habit creates that wears you down, until, in a moment of weakness, or under some stress, you give in and light that first cigarette, and it all starts again.

### **HOW HYPNOSIS HELPS**

Our programme is designed to overcome the psychological addiction. It is not a denial programme. Hypnosis allows the habit of being a smoker to be replaced with the habit of being a non-smoker – which is different to being a smoker who doesn't smoke. Hypnosis will strengthen the commitment you make to yourself and increase the motivation in exactly the same way that self hypnosis is used by sports people to increase their performance and motivation.

### **THINGS THAT DON'T MATTER**

- How heavily you smoke now.
- How long you have smoked.
- How often you have attempted to stop.

### **THINGS THAT DO MATTER**

- That it is your own decision to stop.
- That you are serious about your decision.

## What people have said about quitting with us ...

*On average, we see about 600 smokers a year. Over 70% of our clients in the area of smoking cessation come as referrals from people who have quit with us – and recommend us to their friends and family. Everyone likes to know that an approach they are trying has been effective for someone else. These are just a few testimonials from our clients. We are always pleased to hear that we've been able to **help people to help themselves**. We'd love to hear from you, too.*

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To say I was apprehensive would be the ultimate understatement. I had my last smoke at 10.50am in August 06. By 1pm, I didn't want another smoke. In fact, I handed what was left of my packet to Glenn and walked out the door a non-smoker. I spent the next two weeks trying to rationalize why I didn't want a smoke...what had these people done to me? I smoked 40 cigarettes a day for 25 years. I never left home without a packet of smokes.

I wasted two weeks – the reason I didn't smoke was because I didn't want to, I just hadn't realised it yet. You'll get it shortly. If you're about to hand over your money then you obviously want to be a non-smoker. Glenn and the staff will help you achieve this if that's what you want. You don't need anyone to wish you good luck, just good fortune at taking this step. - **Chris Sinclair 3/6/2007**

Thank you for being a wonderful catalyst for my ability to Give Cigarettes Up away from my life. I feel free and in my decision strong and confident. It has opened up a whole new world of self discovery for me as I can see clearly now those areas of my life which need more focus and more attention. Those changes which I was always 'going' to do I am now Actually Doing! I feel wonderful, alive and again FREE. Thank you sincerely.– **A.D. 2009**

I will always be grateful to you for giving me back my life. **K, Nambour. 1998**

Just a short thank you note. Thirty-four days since my last cigarette. I know I don't need them now. Keep up the good work for the people that need it.

- **Glen, W.A. 2005** (Glen smoked 125 cigarettes a day!)

After breaking up with my girlfriend and starting a new job all in the same week my stress levels were way up. Therefore, my smoking was way up. I was smoking on average 30 a day, and when I tried to cut down, I would end up smoking even more. It was time I did something about it. After seeing your sign I thought I would give it a go. Two hours later I'm a non-smoker. Now when I drive I don't even think about it, or when I'm with friends and they're all smoking I can look at them and know I'm better off without smoking. **Paul, Brisbane 05/2003**

We'd like to update you on how we are going. Both pleased to say that we haven't had a cigarette in 6 weeks. We were both happy about having no cravings, so it was really easy to go without. **N&J, Ipswich 04/2004**

I visited [three months ago] and after one session – gave up smoking after 45 years. I have given your phone number to anyone who asks – THANK YOU.

**L.F., Brisbane, 2010**