



Quit Smoking Program

How Does Hypnosis Help?

Unlike patches and medications that may have side effects and take months to apply to the stopping process. We want you to stop on the first appointment and be over any withdrawal effects within 7 days.

We are going to help you achieve this by flushing out the nicotine 50% faster from your body than normal through a simple little secret we will share with you at our sessions. Then with hypnosis we are going to help strengthen your self confidence, self-belief, and willpower, while reducing self-doubts, anxiety and cravings. The difference we create is how easy it is now for you to stop.

The Procedure

- You will be booked in for 2 sessions spaced 4-7 days apart
- The first session is for 90 minutes and the second is for 60 minutes.
- It is important you arrive on time, as our sessions are tailored to the individual and there are a number of questions we need to ask before we begin to help you to achieve the best results.

What you can Do Help?

1. Two days before your appointment we suggest getting a large water bottle and to only have a cigarette when sipping on the water by yourself. This will help to break down the habitual aspect of smoking before we even start your sessions.
2. Buy a large bottle of cranberry juice and put this in your fridge for after our sessions. The reason for this will be explained at your first session.
3. If you drink socially then we encourage you to have the usually drinks while stopping. However if you are a heavy drinker it is best to cut back the drinking while you are stopping. If you have upcoming parties or celebration's do not book your first session until after these events.
4. Likewise if you are having a stressful period at work, or are a student and have exams in the next few weeks we suggest booking in during a more quite period if possible.
5. It is our intention you will stop on your first appointment so bring in all your ashtrays cigarettes and lighters to throw away at the end of the first session.

6. Common Questions.

- **I smoke over a pack a day is it going to be harder for me to stop?**

The number of cigarettes a person smokes each day makes little difference to how easy it is to stop. A two pack a day person will find it no harder to stop than a person having 5 cigarettes a day. The number of cigarettes a person smokes represents the rate nicotine is being excreted from their body. For example, some people sweat more easily when hot than others and so need to drink more. However everyone feels a similar level of discomfort when actually thirsty, some people just feel thirstier earlier in the day.

The biggest difference a person that smokes a pack or more a day discovers once stopped, is feeling a bit lost and unsure what to do at times during the day as they effectively have an extra hour now in their day.(20 cigarettes a day 5 minutes for each one is 60 minutes).

- **Will I have any Cravings?**

Cigarettes causes a slight discomfort in the body like on a hot day when you are thirsty, not the craving itself. It is the thinking process about not having a cigarette when you have that feeling which causes the craving. The hypnosis process is about helping to break this thought process.

- **Weight Gain When Stopping?**

There are two main reasons why people may gain weight when they stop smoking. This will be covered thoroughly with you during our first session.

- **Success Rates?**

Success rates have little to do with how hypnotizable a person is and more to do with how a person uses a cigarette in their life. For most people smoking is mostly a habit and stopping using hypnosis to quit can be relatively easy.

For others smoking is used as a crutch to help relieve stress at work or to avoid family problems. We can still get success if this the case, and to achieve this there is usually some further techniques we need to use.

Please note, if you are attending this session because someone else wants you to stop rather than for your own reasons, please do not make a booking and wait until you are ready to stop because you want to.

The Day Of Your Appointment.

1. For your first session we will meet you at our reception area at the Cherri Clinic at your appointment time, and you will be taken through to our offices (map and directions at end of this report). For the first 15 minutes we will be asking you a number of questions regarding your old smoking behavior. We suggest you fill in the form attached to this download and bring it in with you.
2. We will then go over hypnosis, and ensure you are relaxed and comfortable with the process before we begin. (we have provided some details for you below about hypnosis) You have time to ask any questions you may have during this time. At this stage if you feel hypnosis is not right for you, you can end the session and there will be no fee charged.
3. There will be time then to use the toilet have a drink of water before we begin your hypnosis session(no cigarettes at this time, ensure you have your last cigarette before you come to our offices).
4. The hypnosis session will be for 50 minutes. During this time most people describe the experience as relaxing. Your hypnotherapist will ask you questions during your session and you are fully able to answer. Should you feel the need to move about stand up then you are able to.
5. After your hypnosis session you will be confident and ready to throw out any remaining cigarettes, lighters, and ashtrays.
6. Now you go out into the real world, and do all the things you would usually do, but without cigarettes.
7. If you have any questions between the 1st and 2nd session you can always e-mail us.
8. At the 2nd session we usually find the typical habitual only smoker will have found stopping relatively easy over this period of time.
9. For those who had difficulty in stopping after the first session we have another approach of using hypnosis to help you stop which we will use with you.
10. For those who have found the process easy. The second session will reinforce to stay stopped, confidence in your own ability to remain a non –smoker and never to touch a cigarette again.

How to Make Your Booking.

If you are ready to make your booking, the easiest way is through our website on the contact page where you can book in for 90 minutes by providing your name, contact phone number and e-mail address.

<http://www.lifestylehypnosis.co.nz/contact/>

You can also phone on 0800 497 667

Price inclusive of 2 Hypnosis Sessions \$245.

For your Appointment:

- ❖ Evening and Saturday sessions are especially popular so please ensure you book early.
- ❖ Payment. Cash, Eftpos, Credit Card
- ❖ If you are under the age of 18 you must be accompanied by an adult.
- ❖ Please ensure you wear comfortable full length, clothing.
- ❖ Bring In With you, your cigarettes, ashtrays lighters

Your Hypnotherapist Paul Dixon

- ❖ Graduate Diploma in Psychology
- ❖ 5-Path Hypnotherapy Practitioner
- ❖ 5-Path Hypnotherapy Trainer
- ❖ 7- Path Self Hypnosis Trainer
- ❖ Member New Zealand Association of Professional Hypnotherapists
- ❖ Member New Zealand Hypnotherapy Registration Board.
- ❖ Member of National Guild




Paul Dixon
Lifestyle Hypnosis

Understanding Hypnosis?

Take a moment to think of a hard lump of clay. You can't do much with it. It is solid and inflexible. However add water and we can now shape and mould that clay into a vase, cup, or plate. Hypnosis is the water.

Hypnosis is a process that makes your mind flexible to new ideas. It is like the difference between the minds of the elderly, stuck in their old ways, and the minds of children, adaptive, and readily learning new ideas and thoughts about the world.

So when you want to improve how your mind reacts, behaves and feels in different situations, then we can use hypnosis to create that kind of flexible, adaptive learning process, enabling your mind to reflect the new way thinking and behaving you want to have.

What about Hypnosis Stage Shows and People Losing Control?

The control over the subject in a hypnosis stage show has a lot to do with stage showmanship, social compliance as well as hypnosis. On a stage show a hypnotist asks for volunteers. The people who volunteer are excited about entertaining others. They are already in a frame of mind knowing they are going to be centre of attention and they are either curious about what it may be like or like the idea of entertaining others..

Hypnosis, like water, makes the creative ideas of the volunteers minds bigger and more fluid, expanding upon the imaginative thoughts and feelings, as this happens the behaviours become more flamboyant.

However if that kind of thought process was not there in the first place nothing would happen. So in many respects hypnosis works like a multiplication sign in maths. It has the ability to amplify what is already being experienced. However knowing how multiplication works, anything times zero is still zero. If you don't want to do it you won't, because you cannot expand upon something a person doesn't want to do in the first place.

What Will Hypnosis Feel Like?

- Hypnosis Will Feel Like Relaxation
- You have Plenty of time to ask questions before you start, and can stop any time you want during your hypnosis session.
- During The Session You Can Hear everything your Hypnotherapist is telling you.



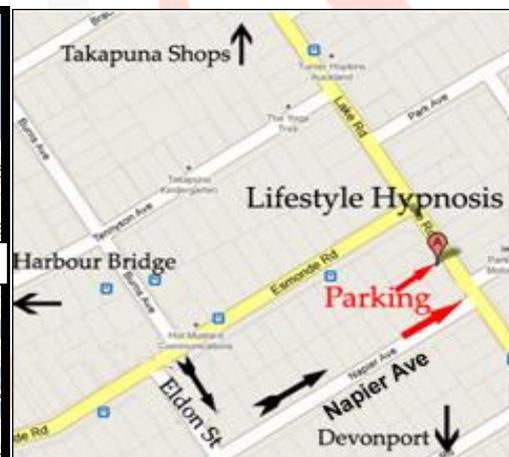
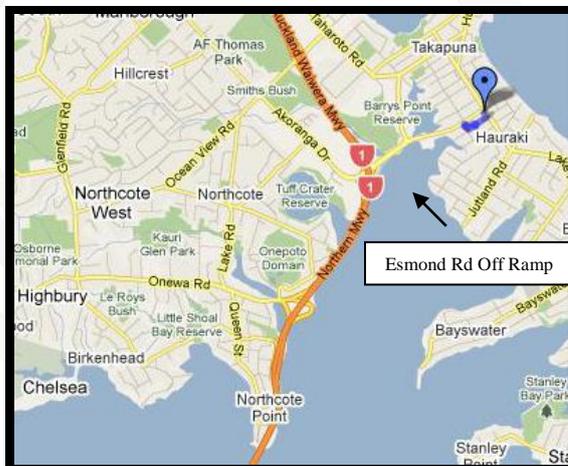
Hypnosis is like adding water to hard clay, which then allows new ideas and thoughts to be styled and shaped

Using hypnosis in this way is an exciting process. Many people miss out on creating these changes because of fear. They think hypnosis is mind control or scary. It is none of these things. It is you, taking control of your own mind and getting it to work for you.



The Cheri Clinic, 409 Lake Road, Takapuna, Auckland
info@lifestylehypnosis.co.nz
 0800 497 667

Cherri Clinic Auckland. 5 minutes North of the Harbour Bridge



Directions: From the motorway take the Esmond Rd Off Ramp. Up Esmond Road and before reaching Lake Road there is a set of lights. Turn Right onto Eldon. Then Left into Napier Avenue

Parking: Is available at either the end of Napier Ave (easiest parking) or turn Left into Lake Rd and Left again into the Cheri Clinic.

Name.....

How many cigarettes do you smoke each day?

What time do you have your first cigarette of the day?

Does anyone else in your household Smoke?

Have you quit successfully before for longer than a month. If 'Yes' How. And For How Long.

I Smoke Because....?

When Stopping I am most Worried That...?

Once Stopped I Might Miss....?

Where Are Regular Times, Places People You Smoke.

With Coffee/Tea - After a Meal - Car - Telephone -Work Breaks -Back Deck – Reading –
Alcohol-Quiet Time To Myself-

Other.....

Why Do You Want to Stop Smoking For?

Please Bring This In On Your First Session