

CHAPTER 50

FINAL LEG OF SMOKING CESSATION PROTOCOL TRAVELLING THROUGH HABIT SHIFT INDUCTION

Overview:

After a week on smoking cessation parts one and two, add this final induction to drive momentum deeper, stronger and longer.

TRAVELING THROUGH A HABIT SHIFT INDUCTION

Begin your session with a discussion on how they are doing regarding their smoking cessation. Whatever successes they've had no matter how small, make note of it so they can be focused on. Without formalizing an induction make them very relaxed as you pace them. next lead with, *"Let's take a look at what you did that worked to help you achieve what you did. I want to model any success, no matter how small, to see how you did that, I've always found once you know how you do something it makes It so much easier to do It again, and to then do It with more ease and greater certainty. so please close your eyes and notice what changed In your mind back then when you did have that success? what cue did you become aware that reminded you to do something different? was It a thought? a feeling? a taste or smell? Please just go back and notice what you did back then to do something different and how..."*