

CHAPTER 48

SMOKING CESSATION FOUNDATION

INDUCTION

THE QUANTUM HABIT ANALYSIS SHEET

Name: _____ Date: _____

Nature of habit: _____ Goal: _____

When was the first time this action was done? _____

What was the purpose of doing this action originally? _____

What do you feel the purpose of this habit today is? _____

Who first modeled this habit to you? When? _____

Does this habit produce the intended effect today, it was originally intended to?

SMOKING CESSATION FOUNDATION INDUCTION

Please relax and find as much comfort as you can while you feel yourself drifting into a place inside that allows you to deepen your breath and relax. That's right let your body naturally soften and let down as you pay close attention to my words with your subconscious mind as your conscious mind discovers, how relaxed it wants to now become...and as you relax deeper and deeper with each breath you can allow yourself to go into a pleasant hypnotic trance, relaxing more and more with each breath knowing any way you do hypnosis is the right way automatically; if it seems like you've fallen asleep, it's a hypnotic sleep, the subconscious mind still hears all suggestions regardless, and any outside noises will help you relax even further.

Creating the habits of a non-smoker is something you're doing for yourself. You decided its time to make a change and do something different didn't you? And that's why you're here, so, as you hear the sound of my voice and feel the movement of your breath you can allow yourself to go deeper and deeper into a pleasant hypnotic trance to access the immense power of the subconscious mind.