

Hypnotherapy & Smoking Cessation

The Challenge of Quitting Smoking: Quitting smoking is one of the most beneficial steps you can take for your health, but it's often incredibly challenging. Nicotine is highly addictive, and the habit is deeply ingrained in daily routines. Many people try multiple times to quit before achieving success. While various methods exist, hypnosis offers a complementary approach to help individuals break free from nicotine dependence.

How Can Hypnosis Help with Smoking Cessation? Hypnosis works by addressing the psychological and emotional aspects of smoking, which are often as powerful as the physical addiction. It aims to:

- **Change Perceptions of Smoking:** A hypnotherapist may use suggestions to alter your perception of cigarettes. For example, they might suggest that smoke smells unpleasant (like exhaust or chemicals), that smoking makes your mouth dry and tastes terrible, or that your body deserves protection from poison. This can help to break the positive associations you might have with smoking.
- **Strengthen Willpower and Motivation:** Hypnosis can reinforce your desire to quit, boosting your internal motivation and commitment to a smoke-free life. Suggestions might focus on your inherent strength, your ability to control urges, and the benefits of being a non-smoker (improved health, finances, freedom).
- **Address Triggers and Cravings:** Many smokers have specific triggers (e.g., after a meal, with coffee, during stress). Hypnosis can help you identify these triggers and develop new, healthier responses. Suggestions can help to reduce the intensity of cravings and teach you to visualize yourself easily resisting the urge to smoke.
- **Manage Withdrawal Symptoms:** While hypnosis doesn't directly remove nicotine from your system, it can help manage the anxiety, irritability, and stress often associated with nicotine withdrawal, making the quitting process feel more manageable.
- **Boost Self-Efficacy:** By influencing the subconscious, hypnosis can empower you to believe in your ability to quit and maintain a smoke-free life, fostering a sense of control over your habit.
- **Promote a Non-Smoker Identity:** Hypnosis can help you shift your self-perception from being a "smoker" to a "non-smoker." This involves internalizing the belief that you are naturally free from the need to smoke.

Key points to consider:

- **Motivation is Crucial: Hypnosis is not a magic bullet. It works best for individuals who are genuinely motivated and committed to quitting.**
- **No Universal Success Rate:** Success rates vary widely, partly due to differences in study design, therapist approach, and individual responsiveness to hypnosis. In my practice I tell my clients to let me know if they are struggling and I will do another session. I have never had anyone come back for another session so I understand my my clients to be successful -I have no other information to prove otherwise.
- **Generally Safe:** When performed by a qualified professional, hypnosis is considered safe with no side effects.

During a FREE consultation, I will answer all your questions
and provide the information needed to see if hypnotherapy
is a good tool for you to manage your grief.

Remember: Quitting smoking is a journey, and every step you take towards it is a positive one. Discuss your options with your doctor to determine the best approach for you, and consider if hypnosis could be a valuable addition to your cessation strategy.



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