



Jevon Dangelì's STOP SMOKING script for Hypnotherapists

(adapted from Jevon's [STOP SMOKING audio programme](#))

Jevon uses variations of the following script (customised for each client) in the second of three sessions that form part of his smoking cessation programme.

Note: bold text = embedded command

Introduction (pre-frame for client)

You may be surprised at how easy it can be to **quit the smoking habit** when undergoing this hypnotherapy process. People using this **stop smoking** programme have even reported that they barely experienced any of the dreaded withdrawal symptoms after they successfully stopped smoking for good.

It's important that you have decided to **stop smoking** for yourself and not because somebody else would like you to stop or your doctor has warned you to do so. As long as you have decided that ending the smoking habit is something you really want to accomplish, then this **stop smoking** process will help you to do so.

In this session you will experience a powerful hypnotic process that is designed to transform the unconscious pattern which keeps you addicted to smoking cigarettes.

You may have tried to give up smoking before but were unsuccessful. The reason for that is because you never sufficiently changed the neurological program in your mind that is responsible for your cravings and automatic tendency to smoke. This process will de-program the unconscious pattern that is responsible for your smoking and re-program your mind to find greater pleasure in healthy and more fulfilling alternatives.

While this hypnotherapy session may in and of itself enable you to **quit smoking**, you are also encouraged to listen to [four specialised audio recordings](#), one per day, over 30 days. This session focuses on transforming and healing the physiological, mental and emotional aspects associated with the smoking habit. The four audio recordings in our smoking cessation audio program will support this process, plus help you to deal with other lifestyle aspects that are commonly associated with the smoking habit. This holistic approach ensures that you won't begin smoking again or replace that old habit with other habits or overeating.

Your month long investment of half an hour each day to listen to a relaxing and enjoyable guided process is surely worth all the time, money and health that you'll save down the line.

You are probably perfectly aware of the many reasons why you should **stop smoking**. It's certainly no longer fashionable and there is plenty convincing evidence that not only does smoking cause you to age more rapidly, but it is proven to cause diseases that can lead to death. With over 2500 poisonous chemicals in each cigarette, there's no doubt that smoking causes serious damage to your body. An addiction to smoking can also result in psychological disorders as well as diminished brain function, less physical energy, loss of time and lowered productivity. Your cigarette smoke does harm to those around you, hence smoking in public areas is becoming illegal and socially scorned upon. Now let's leave all the reasons why smoking is bad and focus on some of the benefits of choosing to give up that dirty old habit...

Are you aware of how incredible your body is? You have an innate ability to heal and maintain homeostasis. Here are some examples of how soon after you've stopped smoking your body recovers:

WITHIN 8 HOURS

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal
- Smoker's breath begins to disappear

WITHIN 24 HOURS

- Chance of heart attack risk decreases

WITHIN 48 HOURS

- Nerve endings begin to re-grow
- Ability to smell and taste noticeably improves

WITHIN 72 HOURS

- Bronchial tubes begin to relax
- Breathing is easier



WITHIN 2 WEEKS TO 3 MONTHS

- Circulation improves
- Exercise becomes easier as your breathing continues to improve
- Lung function increases up to approximately 30 percent

WITHIN 1 TO 9 MONTHS

- Coughing, sinus congestion, fatigue, and shortness of breath decrease
- Your lungs become cleaner, and your immune system becomes stronger

WITHIN 1 YEAR

- Risk of coronary heart disease is half of that of a smoker

WITHIN 2 YEARS

- Heart attack risk drops to near normal

WITHIN 5 YEARS

- Your chance of lung cancer death decreases to almost half
- Stroke risk is reduced

WITHIN 10 YEARS

- Lung cancer death rate becomes similar to that of a person who never smoked!
- Chance of others cancers such as those of the mouth, larynx, esophagus, bladder, kidney and pancreas dramatically decreases.

WITHIN 15 YEARS

- Risk of coronary heart disease becomes same as a person that NEVER smoked!

These are just some examples of how amazing your body is when it comes to healing. You can probably also imagine how much more enjoyment you will get out of life when you have the greatly improved health and vitality that comes with making the choice to **quit smoking**.

The responsibility is yours! No one can convince you to **make this change**. It's only your decision to go for it, set yourself free and step towards more physical energy and mental clarity.



STOP SMOKING Hypnotherapy session:

(Read slowly, pause after each sentence/line, follow your client's lead, be in [open awareness](#).)

Find a comfortable position and allow yourself to relax...

(Include a few more suggestions for your client to enter the hypnotic state.)

I'm going to assist you to **stop smoking** regardless of how long you have been smoking for or how serious your addiction is. It doesn't matter if you doubt that this is realistic, as long as you want to stop smoking, then it's possible for you to be successful, and probably easier than you think.

You have an extremely powerful unconscious part of your mind. It is responsible for all your automatic behaviours including the smoking habit. Trying to **stop smoking** without changing its underlying unconscious pattern is like trying to change the direction of a train by asking someone in the back carriage to do so. This process will communicate a clear message to the train driver, so that you can change tracks and start going in a new direction, free of smoking.

And what does that new direction look like to you? When those old smoking days are long behind you, how will you look and feel? Think about this positive outcome for a moment. Imagine what your life will be like with better health and more energy. How great will it feel when you know you've moved on and accomplished this? Well, you're on your way...

If you have any reservations about how **easy it can be for you to give up smoking** or a voice in your head that tries to talk you out of it, just realise that this is only a limited part of your mind that thinks you need to smoke for certain reasons. It may try to justify why it's difficult to **stop smoking** or bring up previous times you've failed as a way of sticking to the familiar. It's perfectly ok for your conscious mind to be doubtful, as it doesn't have the resources you need to **make this kind of a change**.

You see, the smoking habit is an unconscious process and you already have some idea of the power of your unconscious mind because you already know what it's like to have a neurological pattern programmed at that level. So I'm going to assist you in changing your unconscious program that's responsible for smoking because that's the level where **this change needs to happen** in order for it to work and to be sustainable.



As a matter of fact, it's your unconscious mind that controls all of the trillions of functions that take place in your body each and every moment, even while you sleep. It keeps your heart beating, your lungs breathing, your blood flowing to your brain and to your toes and each cell of your body doing what it has to do to protect the internal organisation of your body and keep you alive. All of this and a lot more happens automatically and you don't even have to think about it, because thinking isn't necessary or even useful after you've decided what you want. Did you know that through hypnosis you can give your unconscious mind instructions to heal a part of your body and it will immediately begin to do so outside of your conscious awareness? Actually, life becomes so much easier when you know how to direct your unconscious mind and then let things develop and unfold naturally.

Now because we'll be working with your unconscious mind, your conscious mind may not be fully aware of what's going on, because it is limited to superficial awareness. It's there for you to think rationally and decide what you want, and then your unconscious mind can go to work to get the job done. So many people try to do things with the small part of their mind, unaware of the abundant inner resources in their unconscious mind.

Facilitating deep change in your unconscious mind is most effective when you're in a deeply relaxed state of mind and body. The unconscious mind responds best to particular ways of communication and symbolism which you don't need to try to make sense of consciously. In fact the more your conscious mind can let go of trying to control this natural healing process, the more effective it will be. Here's more good news: You can only do this right, and the right way for you is perfect.

That's right.

You can choose to relax all the way into a sleep like state
or relax lightly and listen carefully to everything that I say
or just listen to my voice and let your mind drift as it wants to.
Some people like to focus on the rising and falling
of each inhalation and exhalation,
while others like to keep their attention
on a place of comfort
allowing that warm soothing feeling
to spread throughout them.
You may follow my words,
or they will follow you

all the way into your own way
of becoming deeply relaxed
while your unconscious mind
begins the healing process
something interesting starts to happen
as you consciously decide to relax
your unconscious mind relaxes
Those tiny muscles in your face and in your neck
Those bigger muscles in your back arms and legs
As relaxation spreads quite automatically
Your conscious mind can direct it,
While your unconscious does it.
Like so many other things
You can learn to do
Easily and effortlessly
When you give up trying
to do things with that limited part of you
and rather allow things to happen
naturally
there are people who try to accomplish things
But with limited results
Because they've tried without knowing
What they are truly capable of
And so their efforts
Never really succeeded
In the accomplishment of their desires
Because there is more to people
Than they often realise
And trying never really gets as far
As actually taking the step
That leads in a new direction
And eventually you arrive
At your new destination
Quite often surprised
At how easy it was
To find your way
And at how quickly
You got there
And what makes the difference
Between the tryer

And the achiever
Is the willingness
To take the first step
In just the way
You have
By going through this process
You are already one step ahead
And well on your way
From having left
That old smoking habit
And heading right
Toward overcoming
Those far behind feelings
And backward behaviours
As you look ahead
At what's to come
And you change
Your view
Of what's possible
For you
Now
And in the future
So you can rest
Assured
Just like those feelings of relaxation
In the hands, arms, legs
Those physical signs
That let you know
You've travelled from one state
To another state
In a calm, confident way
So you can breathe out doubt
And breathe in confidence
With each breath
As you relax
And enjoy the journey
Toward your destination
Reminds me of a woman I know
Who never travelled at all
She just sat inside

The house she'd been living in
For the past 10, 20, or 40 years
Day in and day out
Following the same routine
Behind closed curtains
Behind closed doors
Behind dark thoughts
And becoming old
She began to notice
A constant dull ache
In her body and in her head
Which she tried to ignore
Through her daily routine
But eventually that pain
Began to get worse
And she knew the time
was approaching
She had to make a change
She could no longer deny it
So she went to the doctor
Who examined her
And broke the news
That a change was necessary
In order for her to survive
He gave her strict instructions
To open the window and the doors
Allow fresh air and light
Into her house
Decorate it tastefully
And aromatic with flowers
He told her to transform her house
Into a beautiful home
From the inside out
And then walk around it
Several times each day
Admiring it
He told her to tend to her garden
Pull out the weeds
Fertilise the soil
Plant some seeds

Give them water
Nurture her flower beds
And watch things grow
Day by day
And as she did
She forgot about that pain
As it disappeared
And she went out
To make new friends
And really enjoy life
For the first time
In a long time
Now you have smoked some time
And maybe you've tried to quit before
but failed because smoking
became an unconscious habit
You know what it felt like
when you tried to quit before
but still had that unconscious urge
that would gnaw at you
until you had to give into it
And you probably even
remember
the initial relief of giving in
and knowing the struggle was
at least, temporarily over
until you forgot about it altogether
It's just a matter of time
until you give into an unconscious urge
that is that strong
You want to **quit smoking**
and the difference this time
is that your unconscious mind
is directly involved in the process
Your unconscious mind understands
this difference,
even though your conscious mind
probably can't appreciate that
Your unconscious now understands
that its highest purpose

is to **keep you alive,
relaxed and enjoying life**
even though your conscious mind
probably isn't convinced yet,
to **completely eliminate that
disgusting unconscious habit
of smoking you had**

How could it be?
All these years it tried
to fight an unconscious urge
only to fail
Why would it
change and go along
with your unconscious mind now
It's probably too much
to ask right now
So later on
your conscious mind
might as well try going
through the motions
of being a smoker
until you understand
that you will fail once again
when you're fighting
your unconscious mind
and its urge to keep you alive,
relaxed and enjoying life.
You might as well keep trying
to smoke until

**you're ready to quit
denying the power
of your unconscious mind**

After all you should
have the freedom to learn
from your own experience
in your own time
I don't know how soon you
Will learn that the urge
from your unconscious
to keep you alive, relaxed

and enjoying life
will just gnaw at you until
you have to give into it.
And feel the initial relief of giving in
to it and knowing the struggle
is temporarily over
Until you forget about it altogether
It's just a matter of time until you
give into an unconscious urge
that is that strong
Some do it the easy way
and go with the flow
Some do it the hard way
and try to resist
We all have to live and learn
in our own way
and as you do so
in your way
there is something peculiar
about the taste and smell of
cigarettes that is awfully familiar
and disgustingly repulsive
like rotten eggs
makes you choke
as your stomach twists
and all you want to do
is get it away
and leave it alone
rotten cigar eggs
in your mouth
horribly unpleasant
and get worse
each time
you think about it
that insidious feeling
that lets you know
it's time for a change
And you know what to do
And when to do it
And how to do it

And you know why you're doing it
So I don't have to tell you
That not smoking
Is not a task
You won't find easy
Or remind you
Of how harmful smoking is
Or that you won't get any pleasure
From that habit anymore
Because you already know
That smoking is a poor substitute
For relaxation or controlling anxiety
or taking breaks or enjoying life
And that there are better ways
To accomplish your goals
That help you in fact
To feel better and live better
Which is your choice to make
So you can forget about that old habit
And save money each time you do
And that's a lot you will have saved
As you forget about it more and more
And remember instead
that for getting what you want
you can focus on what's ahead
and leave behind what doesn't
belong to your new future
and moving along
with a spring in your stride
fresh air in your lungs
energetic, clear mind
that forgets only that one thing
the way people forget
where they put things
so sure where they left it
yet nowhere to be seen
and then forgetting completely
so you can get what you want instead
and you may even be surprised
at how easy it will be for you

because your body is an amazing organism
that can heal, cleanse and detoxify itself
quicker than you realise
and before you know it
you'll be feeling those wonderful feelings
of increased energy and vitality
in body and mind
paying attention to the signals
for healthier foods and plenty fresh water
and enjoying the enhanced ability
to taste and smell and savour each moment
more and more as you transform
from the inside out
and taking that time out
to nurture your garden
savouring the scents
and walk a few rounds
get more air into your lungs
and light into your life
becoming easier
and more enjoyable
each day
brightening your outlook
and everything about you
begins to feel
the life force inside
expanding with each breath
cleansing and rejuvenating
every cell in your body
so take a few moments now
to appreciate your body
for accomplishing so much already
for being such a tremendous vehicle for healing and growth

And you'll know that you have experienced a profound change in the way that you think and the way that you feel about the change you're going through when more energy begins to move in your body and shifts your mind up to wakeful awareness opening your eyes so that you can look forward to being surprised and delighted at what you've overcome as new and exciting ways of experiencing yourself and your life becomes more and more compelling as you imagine the wonder-filled days, weeks, months and years to come.



Becoming **totally awake and refreshed now** it's time to let life flow through you fully and completely so you can go ahead and take the next step towards the bright future that awaits you. Congratulations...you are already well...on your way!

Notes for the Hypnotherapist:

Additional post-hypnotic suggestions can be included toward the end of this script and more suggestions to reorient your client at the very end may be required.

If you are interested in obtaining Jevon's [Stop Smoking Audio Programme](#), please [contact us](#).