

Anatomy of a Session

The smoking cessation script, annotated

Supplemental material for students of *Hypnosis for the Modern Mind* · Kristin Shelly, CH, CI

HOW TO USE THIS

Read the script in Section Three first, straight through, without this document. Then read them side by side.

What you are looking for is not a list of techniques. It is the **order** — why the limiting-belief work comes after the future pacing and not before, why the fork in the road arrives near the end, and why a session that was already deep gets deepened twice more along the way.

Every annotation names one of three things: a **technique** from the twenty-five, a **language pattern** from the Ericksonian chapter, or one of the **laws of suggestion**. Where the script does two at once, both are named.

THE THREE SYSTEMS BEING NAMED

The twenty-five techniques for change — End-State Model · Logical Progression & SMART Goals · Direct Suggestion With Repetition · Post-Hypnotic Suggestion With an Anchor · Self-Awareness, Catharsis & Reframing · Identifying the Root Cause · Identifying Limiting Beliefs · Antonyms & Opposite Symbols · Metaphors & Stories · Self-Inquiry Questions · The Affect Bridge · Gaining Perspective · Mental Rehearsal · Suspending Disbelief · The Pleasure-Pain Principle · Contrast: The Fork in the Road · Confidence Pyramiding · Self-Concept & Core Beliefs · Inner Child Healing · Ego Strengthening · Parts Work · Ideomotor Questioning · Symbols You Can Turn · Teaching Self-Hypnosis · TRIP / Systematic Desensitization / NLP Phobia Cure

The Ericksonian language patterns — Pacing & Leading · Truisms · Linking words (and, as, because) · Presuppositions · Embedded Commands · Double Binds · Negation & Permission · Covering All the Possibilities · Nominalizations & Unspecified Verbs · Tag Questions & Lost Performatives · Quotes & Stories · Interspersal · Utilization · Ambiguity

The laws of suggestion — Coué's two: *imagination beats will, imagination can be directed*. Baudouin's six: *concentrated attention, reversed effort, dominant effect, auxiliary emotion, repeated effect, subconscious teleology*.

Read this as if it's free form poetry... using the power of language, intonation, patter, and pacing to create a very fluid experience for the person you read it for. Give plenty of time for them to do the inner work. Prepare your client in the intake if you want to use an ideomotor response to time your pause lengths correctly. Also, record this on your phone so they can reinforce the post-hypnotic suggestions in a couple days by relistening to the audio. Have them lay or recline comfortably and begin reading. The process should take about 40-45 minutes. Enjoy!

INDUCTION

Okay, so here we are... your eyes can just gently close and I'd like you to begin to mimic the hypnotic state. Pretend to be someone who is deep in hypnosis as if you are an actor on stage portraying a hypnotized client...

Utilization. Rather than trying to produce trance, the client is asked to *act* it — and the body cannot convincingly pretend to be relaxed without relaxing. It also disposes of the commonest fear in the room (*what if I can't be hypnotized*) by making it irrelevant. Nobody fails at pretending.

So that your body becomes very still and your breathing is shallow and rhythmic. And the more the muscles of your body relax, the more your mind relaxes and the more your mind relaxes, the more the muscles of your body relax. And your subconscious mind already knows how to bypass the conscious mind and begins to take you down into a deep hypnotic trance.

Compounding loop built from **implied causation** ("the more... the more"). Neither clause truly causes the other, and the sentence behaves as though each does. The loop has no exit. **Reversed effort** — no effort is ever requested.

In order to do that, I'd like you to focus your attention on the rhythm of your breathing, until the rhythm of your breathing and your mind synchronize... until your mind and the rhythm of your breathing are in perfect harmony. [pause]

Pacing and leading with a **truism**. Breathing is genuinely happening; there is nothing to reject, and the agreement carries forward. **Concentrated attention** — the field is narrowing to one thing.

And as your body breathes itself, in and out, in and out, your mind is watching the body breathing.

Dissociation. "Your mind is watching the body breathing" quietly separates observer from body — the first small split, and useful later.

And as the breathing slows and quiets, the mind slows and quiets... and as your mind becomes more peaceful your breathing becomes more peaceful.

DEEPENING

Now, with your inner eye... begin to picture, imagining yourself somewhere in the countryside and it's nearing dusk.

Journey deepener. Watch the light from here: dusk, then window-glow, then firelight, then coals, then one candle, then darkness. The client is never told to go deeper. The world dims and they follow it down.

The sun is low in the sky and you find yourself approaching a small village on horseback.

You're crossing a meadow that the path cuts through following the stream toward the cottages. Notice the sounds of the crickets... or are they frogs?... and birds. The fresh air smells rich.

And you begin to notice the warm golden light from some of the windows of the cottages. Some wisping smoke from the chimneys, warm and inviting.

And as you get closer, you recognize your home.

You approach your home, tie your horse up and enter in just before the sun sets behind the mountain. And there's a nice open fire warming the room.

And now you find yourself just choosing a relaxing place to lay back. And you begin to notice the crackling sound of the fireplace, the scent of the wood burning, the warmth of the fire.

Safe place. Warmth, shelter, fire, home. Deepening and safety are being built at the same time, which is why no reassurance is needed later.

And outside the sun slips away and darkness begins to fall softly.

And as you relax there, imagining the darkness outside, the flowers begin to close up for the night, the birds settle down in their nests tucking their heads under their wings. And everything is settling down for the night.

And your body begins to settle down, relaxing more and more as the darkness outside gets deeper and deeper. Outside, somewhere in a little den in the hollow of a tree, there's a family of soft furry bunnies, settling down for the night wrapped in their silky soft fur, drowsy and dreaming.

Nested absorption. Everything in the scene is also settling — flowers, birds, the rabbits. The client's body is invited to do what the whole world is doing.

Nothing to think about, forgetting about the day, enjoying the warmth and calm of letting go completely and soon the flames in the fireplace turn to orange coal and the whole room fades to a gentle blackness all around. Now the muscles of your face relax and your stomach relaxes. And it feels so good letting this soft gentle feeling fill you. Relax your whole body.

And now imagine a single candle flame, a small flame burning in the dark. Giving off a soft, gentle glow.

Remembering being a child... the way a child can get transfixed watching the flame of a candle. Imagine watching the single candle, flame burning in a dark room somewhere with the shadow of the flame dancing on the wall behind it. And soon the candle goes out. A quiet darkness, a velvety darkness surrounds you and you relax down further and further into that velvet darkness.

Age-linked absorption. Absorption is easier to reach through a *memory* of absorption than through an instruction to be absorbed. **Concentrated attention** — one flame, one point, then nothing.

And your subconscious mind knows how to take you further into a deep hypnotic trance. Allow the sound of my voice to guide you along, no need for any effort. No need for any concentration. My voice will go with you wherever you go.

Erickson's line, and worth keeping: *my voice will go with you wherever you go*. Permission for the mind to wander without losing contact. **Permissive verbs** throughout — *allow, no need*.

CHANGE WORK BEGINS

And first, before we begin becoming a non-smoker... activate that willingness to remove smoking from your daily lifestyle routine. Because your subconscious mind knows exactly how to become a non-smoker. There is a part of you that has been preparing for this day for a very long time.

The topic is presented — this is the hinge of the session. Everything before was getting in. Everything after is the work.

Time presupposition: "before we begin becoming a non-smoker" assumes the becoming; only the willingness is in question. **Parts language** arrives as a gift: a part that has been preparing for years.

Activate a willingness to replace that old negative habit with something positive and life affirming, knowing the body detoxifies quickly and the mind adapts and adjusts quickly. And knowing that you have these next five to seven days to make this readjustment so that for the rest of your life, you can live as a non-smoker the way that you're meant to be, the way that you picture in your mind's eye.

Time frame. Five to seven days. The direct-suggestion chapter lists this as a requirement — a suggestion without a deadline is a wish. **Subconscious teleology** (Baudouin): the destination is given, not the mechanism.

Because you have a vision of yourself in your mind's eye of health and strength and vitality... healthy strong lungs, healthy strong heart, a body that can take you on a myriad of adventures.

The End-State Model. Coué's foundation: want the end state vividly enough and the resources appear. Also **Coué's first law — imagination beats will.** This is a picture, not an instruction to resist.

Being a nonsmoker is your birthright. Your natural state. And there's a way out of addiction for everybody. The path is narrow and the only way is through, but you have what it takes. Walk forward and the path appears.

Reframe and self-concept. Not-smoking is repositioned as the natural state and smoking as the deviation, which quietly reverses which one requires effort.

You have what it takes to say no to the urges or desires to smoke as your body adjusts back to being a non-smoker... its natural state. And the urges will be muted, quieter... after this hypnosis. Almost impossible to recognize. Not the same feeling it used to be. Almost imperceptible and distant... like a long forgotten memory. And once you're certain and clear, you no longer wish to smoke, I'd like you to remove all wavering, ambivalence or doubt. Now begin to remove all wavering, ambivalence and doubt. So you have one unified goal. Be certain and clear. No more back and forth. Just one clear goal. Becoming an ex-smoker... someone who says no to cigarettes.

Sensory turn-down of the urge — muted, quieter, distant. And then **Concentrated attention:** ambivalence removed so there is one goal, not two. A divided client cannot be moved.

See a mental image, a picture, a symbol now... of you releasing, letting go of the attachment to smoking. Create that image now... like letting go of helium balloons or cutting a rope that has held you stuck... begin to release your attachment to the desire to smoke... Good. Let's go now. And attach yourself to a new desire, increase and amplify your desire now to feel healthy and vital from the inside out. To feel healthy and strong within your chest, to feel healthy and free of compulsive thinking in your mind. Give this new desire a color and shape. Give this idea a shape, a color, a size. Maybe something like a crystal blue triangle or pyramid. This new desire to be healthy. And this blue triangle or shape you thought of now is easy to remember. You think of this shape often and it reminds you of your desire for health. Because basically you're letting go of nothing, just smoke and old boring repetitive thoughts you think that keep you locked into behavior that no longer serves you.

Antonyms and Opposite Symbols — the most technically interesting thirty seconds in the script. The old attachment is released *as an image*, and something is put in its place **in the same sensory channel**. Note that the client chooses the color and shape: the suggestion they build is the one that holds.

Grasping and holding onto wind, nothingness... let go now.

So this mental image of yourself as a non-smoker is very, very important to clarify and solidify.

What do you feel like from the inside out as a non-smoker? How much more energy do you have? How much stronger are your lungs? How much more peaceful are your thoughts in your mind?

Imagine moving forward 1 year in time. You are a year older... 1 year a nonsmoker celebrating your anniversary... as if you are looking back at this moment now from a year in the future. [pause]

Gaining Perspective. One year forward, then looking back — the event is contextualized inside a longer life, which shrinks it.

Now that the burden of smoking is just a past memory, a memory in the past, so long ago... you almost can't remember you used to smoke. It's just an old distant memory now. From the future looking back. Now you're focused on other things that interest you... new interests. And quitting smoking is just a vague distant memory. So long ago. Picture that now.

This mental image of yourself as a non-smoker involves everything... the whole you, including the deepest part of your subconscious and even unconscious, is happy to be a non-smoker. Your body is free of the urge to smoke. You are emotionally free from the desire to smoke and your mind is completely free of thoughts about smoking. Your subconscious accepts this without resistance. As if you are leveling up, let go of the old matrix of thoughts and patterns that kept you locked into behavior that no longer serves. Transcend, ascend, rise above that old level... Now step up into the new way of thinking, the way you think as a non-smoker, the way you interact as a non-smoker. A new level of consciousness... awareness. Become aware that you are now a non-smoker.

Self-concept work. "The whole you, including the deepest part" — the change is placed at the level of identity rather than behavior.

The new you, moving through your daily routine.

In a moment I want you to mentally rehearse, picture your new habits and patterns as a non-smoker. Plan it out and see it quite clearly. Work it through. Every detail. Waking, eating, driving, breaks at work, early evening, late evening. So now I will give you time. Now picture your new daily lifestyle routine now that you're a non-smoker. Wake up as a non-smoker and carefully plan out your new routines. Move from the time you first wake up all the way through the time you go to bed. Begin mentally rehearsing now.[long pause]

Mental Rehearsal, pass one: the ordinary day, waking to sleeping. Easy first, so there is a groove to run in.

Now, in a moment, I want you to practice being a non-smoker in a more challenging environment. Picture... role play a tempting situation that you would have found challenging in the past. Maybe a social situation like a concert or night out, or a friend you used to smoke with, or a stressful day at work or an argument with a loved one... Now practice being a non-smoker easily and effortlessly. [long pause]

Mental Rehearsal, pass two: *with the difficulty included*. A rehearsal in which everything goes well prepares a client for a week that will not arrive.

What do you do differently? What do you think and feel inside... that allows you to remain a non-smoker for the rest of your life? [long pause]

Self-Inquiry Questions. Open questions asked in trance, where the answer is allowed to surprise them.

Practice saying no to temptation as temptations may come up... instantly say 'NO', since you've released all doubt, all wavering, all ambivalence. You're certain about your choice. Now practice in your inner mind. NOPE... No Thank you. And move on. [pause] Great. That certainty feels good.

Rehearsal of the refusal as a motor act — a word said, and then moving on. Not a feeling to be endured. Motor patterns transfer; resolutions do not.

Now begin to allow your mind to roll forward in time, like flipping forward on a calendar. You're five years older, the year is [say the year five years from now], your loved ones are five years older.

Suspending Disbelief. Named in the technique chapter and used here by its own name — far enough forward that today's objections have no jurisdiction.

Dream big and move forward about five years in time... suspend disbelief. Begin picturing your life the way you want it to be. As if you have already reached your goal. You already are all that you want to be. Feel the positive effects of being healthy from the inside out. Your organs, your mind. It feels good to feel good doesn't it? Notice your daily lifestyle routine. [long pause]

Now that you're a non-smoker, it's very easy for you to be a non-smoker. You no longer have any desire or urge to smoke. You never even think about it. Most importantly notice that you are whole and complete without cigarettes. There is nothing missing. You are completely fine.

Addressing **loss** directly: *whole and complete without cigarettes, nothing is missing*. Most relapse is grief for something, and this is where it gets pre-empted.

Is it safe for you to be a non-smoker? Because it is safe for you to be a non-smoker, isn't it? Say that to yourself now 10x and believe it deeply. "It's safe to quit smoking. It's safe to be a non-smoker." [pause]

Secondary gain check — the question most scripts never ask. Delivered as a question, then closed with a **tag question** so the only comfortable answer is yes, then repeated ten times by the client (**Repeated effect**). Every persistent habit is doing a job. This line is where that gets handled. Do not cut it.

Claim your authority over smoking. You're the boss of you and you choose what you allow on your body.

Self-concept. Authority relocated to the client — the boss of what goes in the body.

Claim your authority now that you're the boss of whether you smoke or not, and that you're choosing to be a non-smoker.

RE-DEEPENING

Good. And let's begin to deepen this hypnotic state. Just a bit. Picture yourself on a beach, somewhere beautiful you'd like to be, and you're about to watch the sunset. Watching the sunset symbolizes another day done, another day in your life story, and your main job is to enjoy your life, to enjoy your days and to pursue your goals. And I'm simply going to count backwards from 10 down to zero. As you watch the sun sink at 10, the sun just starts to touch the horizon. And by the time I get to zero, it sinks below the horizon line, relaxed down with each descending number. Your subconscious mind knows how to take you even deeper down. Starting at 10, it begins to sink to 9, down to 8, 7, 6, sink down to 5, 4, 3, sink down to 2, 1, 0.

Deepener, mid-session. Trance is not a plateau. Forty minutes in, depth has drifted up and the heaviest work is still ahead. That is exactly where a deepener earns its place.

Of course, the sky begins to change color. Now the last streaks of sun are hitting the clouds, but more importantly, you're deep inside your own inner self... deep in hypnosis.. And you can achieve the goals you set your mind to because you're willing to do what you need to do to reach your goals. You can do what you set your mind to because you're willing to do what you need to do to reach it.

Confidence Pyramiding. "You can, because you're willing to do what you need to do" — a small yes, offered at depth, to build the next.

And now it's very important. In a moment, I want you to identify any limiting belief that you have that made you, in the past, keep smoking. You don't have to know the answer yet, but your subconscious already does. Then I'd like you to release the belief, that core belief that may keep you locked into smoking, whatever idea needs to be released, and let go of that wrong belief about yourself or about smoking. Find it now... What do you

have to think or believe about yourself or smoking to keep smoking? Think way back in time now or way deep down inside... Ok, identify that limiting belief that holds you back now. [long pause]

Identifying Limiting Beliefs. Note the **permission** clause — *you don't have to know the answer yet* — removing the pressure to produce something consciously, and the **presupposition** that the subconscious already has it.

Now, Just let it go. It's not true. It's just a thought. Now change it to something better. That makes you believe that you can be, should be... that you are a non-smoker.

What do you need to think or believe to be a non-smoker?

Now it's time to have a new core belief, a new core belief, something you believe deep down in your core that enables you to successfully be a non-smoker, a core belief that supports your life, your healthy life. Plant a new core belief deep down inside like a seed in the deep moist earth. What do you need to believe about yourself at the deepest level to be a non-smoker the rest of your life? [long pause]

Self-Concept and Core Beliefs, delivered through the **Seed** metaphor. Something removed, something planted. Never one without the other.

Plant and water that seed now. And because you believe it, you reach your goal easily.

And you'll notice over the next few days, because you're certain and clear about your goal, because you're certain that you're becoming a non-smoker and you allow your body to cleanse itself, detoxify... and there's nothing or anything that would make you smoke.

Dominant effect (Baudouin): the suggestion is fastened to the strongest available feeling — certainty — so it displaces the weaker pull.

because nothing is more important to you than becoming a non-smoker.

You'll find, in the days to come, that the old desire to smoke becomes just a tiny neutral sensation in the body. Just a microscopic sensation in the body and you observe it neutrally. It's just a neutral feeling in the body. You are detached from the sensation. It's nothing. It has no power over you. And the thoughts in your mind about smoking have no power over you.

Dissociation plus **Symbols You Can Turn**. Three symbols in quick succession — a neutral sensation, thought-bubbles that pop, a plug pulled from a socket — all doing the same job: turning a craving from an *event* into a *sensation*.

They're just bubbles, little puffs of air... a small thought bubble, old and tedious habits.

Pop!

They are gone. They have no power over your strong, independent self. And you'll notice any sensations in your body are just neutral. They have no power over your choice to be a non-smoker. And the old habituated thoughts are just thoughts. They have no impact.

Your job is simple. "I just let time pass." Repeat that to yourself now: "I let time pass."

Reversed effort (Baudouin's second law), and the quiet masterstroke of the script. The client's task is redefined from *resist* — effortful, and failable — to *wait*, which takes nothing and cannot be failed. It recurs four times.

Now, let time pass easily and gently... gracefully. Time passes gracefully and easily. And you'll be surprised at how easy it feels to become a non-smoker. Tomorrow, and the next... Take note of how simple it is to move through space and time, to drift and float through the days. No desire to smoke at all, as if you've detached and dissociated yourself from the desire to smoke and it's floated on by looking for someone else or something else to attach to but not you. Outside of you... the smoking energy, maybe like a purple apparition or wisp... looking for a place to attach. But not in you, or around you, or to you. Detach yourself from the desire to smoke. Disassociate from smoking. Because it's no longer attached to you; you reject and repel the energy as if it's not welcome in your mind or body. Repel it as it floats on by.

As your body adapts quickly to being a non-smoker, these body sensations become neutral and detached. You observe the body neutrally, and the thoughts neutrally, as if they have no effect on you. In fact, you're very surprised at how easy it is to let time pass, and you're willing to be a non-smoker and you're willing to be healthy, and you're willing to allow time to pass and drift.

Picture unplugging a plug in an electric outlet. Cut off the current. Unplug from smoking.

Symbol. Unplugging: a physical act standing in for a decision.

Allow yourself to stay calm and relaxed from the top of your head down to the tips of your toes. You remain calm and relaxed inside your body and mind no matter what happens outside of you, because this is an inward experience. The outside world does not affect you for the next few days.

As you focus on your own inner journey of releasing and letting go of this negative habit that no longer serves you, replace it with stuff you love, like walking, like having positive thoughts about your future, like learning, like breathing, like being strong.

The Door. Positive form — replace it with walking, learning, breathing, being strong. Never *stop doing*; always *do this instead*.

I can do this. This is easy. Repeat this after me in your mind.

Repeated effect. First-person affirmations, repeated, quieter each time. Coué's own famous line was built entirely on this law.

I can do this. This is easy. I can do this. This is easy. [Repeat, quieter and quieter.] Good.

I'm willing to do this. I WILL this into being. I'm willing to do this. I will do this. Yes, I am doing this. This is what I'm doing. I am doing this. This is what I'm doing. I can do this. This is easy.

And I'd like you to listen to this hypnosis in a day or two and take yourself even further down into hypnotic trance and allow this to reset your nervous system from head to toe. Calm from head to toe... There is no stress

in your body. Completely relaxed. All subconscious stress dissolves away. Peaceful and safe. "I know how to avoid triggers... I know how to stay calm and relaxed... I know how to quit smoking."

Teaching the client self-hypnosis. The recording turns one session into daily reinforcement across the seventy-two hours that matter most.

So there's absolutely zero anxiety that's built up in your body or mind... as if a wind blows through you... as if you're standing at the top of a large canyon and down below is a small river because it's so far down and you're up top, on the plateau... And the winds from the canyon sweep up the canyon wall and you're standing back from the edge and you have your arms open and the wind just blows through you, clearing out any old, stuck energy, any old frustration, stress, or anxiety.

Cleansing metaphor. The canyon wind blows through and nothing is left stuck — a release image placed after the heavy work, not before.

It moves through. The wind blows through your mind, and through your heart, blows through your torso... It can blow through you and cleanse you. Nothing is stuck, the past is over... you're free. Can you feel that?

And every time you listen to this hypnosis, you go into deeper levels of hypnotic trance, which is just down beyond, into your inner private world. You absorb the post-hypnotic suggestions so that when you have sensations in your body, they feel neutral. You just observe them as feelings in the body and they have no pull, no influences on you at all. A calm detachment as your body adapts back to being nicotine free. The way it's meant to be. These suggestions become your own inner voice and you listen to your inner voice.

Post-hypnotic suggestion compounding with each listen, and a neat piece of engineering: the suggestions are told to *become the client's own inner voice*, which is Coué's autosuggestion principle stated inside the script.

Think of someone who came back from something far harder than this. Robert Downey Jr. lost years to addiction — arrests, rehabs, jail, very nearly his career and the people who loved him — and he has been sober since 2003. Ask anyone who has come out the other side of something like that what changed, and you tend to hear a version of the same answer: there came a point where it stopped being two choices. Not willpower. Not a struggle between wanting and not wanting. Just one direction, and nothing to argue with.

Quotes pattern. A story about somebody it already happened to. *"It can stop being two choices for you"* invites an argument; a story does not. The suggestion arrives with no return address.

That is what we are doing here. That certainty, that clarity, that single pointed vision... hold it in your mind this week. One direction, to be your healthiest from the inside out, to take care of your body and to take care of yourself. Because you do depend on yourself. You are responsible for yourself, and you are equal to it.

Auxiliary emotion (Baudouin): this is the passage to slow down on and mean. Delivered flat it does nothing; delivered with belief it carries.

You take care of you, and that is wonderful.

And you take care of yourself by removing these toxins, irritants, and pollutants from your daily lifestyle routine. It used to serve you but no longer does. You can manage your moods and regulate your stress levels in different ways. Now that you're more mature, healthier, and happier, you find new ways of managing your stress, managing your moods, keeping yourself calm and regulated.

Remove all toxins, irritants and pollutants from your daily lifestyle routine and replace it with healthier versions like drinking water and going on walks to smell the fresh air and move your circulation. Do you know how long it takes to remove nicotine from your bloodstream?

Psychoeducation in trance — the seventy-two hours — followed by the **river**. The fact makes the waiting finite; the metaphor makes it pleasant.

It's about seventy-two hours, three days. So your job is to simply let time pass and float by. Have you ever gone tubing in a river? You push out from the bank and get to the middle where the current is steady and you just let the river take you down river. And enjoy the ride.

Your job is to let time pass and float and drift, everything else takes care of itself. Your body, brain, and mind all returned back to their natural state all by themselves.

No effort required. Your job is simply to say no, no to smoking and yes to feeling good inside... trusting the process. Now, use your mind over matter, mind over matter, mind over matter, I'm willing to use my mind over matter. I will use mind over matter. I can do this. This is easy.

I'm ready for this next chapter.

There's nothing stopping me from reaching my goal. There's nothing blocking or preventing me from reaching my goal.

There's nothing standing in the way, just old thoughts and ideas that I've released and let go of. I no longer listen to those old dead ideas. I have buried that old idea of myself as a smoker. That old story.

That part of your brain that has a hard time quitting simply has a hard time quitting because the nicotine is literally changing your mind about how you think about smoking.

Parts Work, the containing kind. The part that wants the cigarette is identified as chemically captured rather than as the client, and then vaulted. Note this is the *mirror* of the gift at the opening: there, a part had been preparing to quit for years. The client ends up identified with one and dissociated from the other.

It's making you think you want it.

Isn't that odd, since there is a whole other part of your mind that hates it and never wants to smoke again. What if we quarantine off that part of your mind the nicotine influences that make you think you like it. Imagine a very thick steel vault, like a safe but the walls are 2ft thick. So thick that the electrical impulses, neural synapses when they fire... the signal can't make it through the steel. They never make it to the conscious part of your mind. Let's put that part of your mind in the safe and close it, and bolt and spin the lock on that part of your mind.

You don't need to pay any attention to those thoughts anymore. Quarantine that off so those thoughts can't get out. They just bounce around in the vault... There is no YOU paying attention to them.

Because your mind is like a flashlight in a pitch black room. You get to choose what you focus the light of your mind on. What you pay attention to is as easy as moving a flashlight.

The Flashlight, from the metaphors chapter, used for exactly what it is for — attention is a beam and the client holds it.

Whatever you focus on lights up, and everything else is in pitch blackness, out of awareness. Now sharpen the focus on the flashlight and get a very clear, strong, narrow beam and shine that into the future. Where you're headed. That's what you focus your attention on now.

Quitting smoking is not just stopping something, it's actually creating something. A creative act! You are creating a new belief about who you are. You create new habits and routines.

The central reframe, and the chapter's title. Quitting is repositioned from subtraction to creation. This is what makes the whole session feel different from every stop-smoking script the client has met before.

My past does not define me. I'm ready to create my future. The past does not equal the future. I'm ready to create my future. My future is better than my past. I can do this. This is easy. I know how to quit smoking.

I already know how to quit smoking. I know how to avoid triggers. I know how to stay calm and relaxed. I know how to let time drift and float. And I know how to say 'no' to thoughts in my mind that are old and stale and dead. The old ones that no longer matter. Pop. Just like a bubble. Gone.

I can do this. I will do this. I am doing this. Repeat that after me in your mind. I can do this. I can do this, I will do this. I am willing to do this. I am doing this.

Imagine in your left hand is a big red button and in your right hand is a black button. If you choose to hit the black button, things will continue on the same path and nothing changes. Years and years pass, still smoking and still wishing you'd quit.

Contrast: The Fork in the Road, staged as a physical act. The client does not merely consider two futures — they press something.

A note for students: this is *not* a double bind. A double bind offers two options that both give you what you want. Here the black button genuinely means *nothing changes*, so the client can actually refuse — and that is the point. A choice that cannot be refused is not a choice, and the whole mechanism depends on it being real.

And the red button? In your left hand is the red button, and that red button is a sign to yourself to change. If you press it, you are indicating to yourself, you are one hundred percent ready to take action... the journey of letting go of the old habit of smoking.

The red button means you're ready to activate and start creating yourself into this new image, stepping into the new matrix of thoughts of you as a non-smoker... thinking the thoughts of a non-smoker. Being the person you will become in five to seven days after your body detoxifies. Become that person now. Be that person now.

Press the red button to indicate a desire to change... to activate creative and powerful inner resources. The resources required to achieve your goal activates all by themselves because your subconscious mind knows exactly how to quit smoking.

When we have a goal in our mind that is so crystal clear, the inner resources required to achieve the goal spontaneously arise in our conscious mind. And this is a fact. If we have a goal so clear, so certain about its inevitability, the resources required to achieve it, will spontaneously arise in our conscious mind.

Becoming a non-smoker is a creative act. It's not stopping something. It's becoming something. You're becoming someone new, someone who puts their health first, someone who regulates their emotions and stress using different techniques than they used in the past. Can you do that?

It's a creative act. Finding new ways of moving through your daily lifestyle routine, using your creative imagination by keeping an idea in your inner mind of who you are as a non-smoker, and just moving toward that goal without fail, without falter, no wavering, removing all wavering and doubt. A crystal clear laser light pierces forward into the future. Red laser light pierces straight forward into the future, focused like a laser... one goal, one outcome.

Now the black button keeps you locked in the same old behavior or the red button activates these new creative resources inside of you.

So begin to choose which button, which path you are going to take... Ok decide which path and press a button. Now.

In order to achieve a goal, you must believe it's possible. And that starts in the mind. You cannot achieve a goal without believing it's possible. And I know you believe that you deserve to be a non-smoker. I believe you can be a non-smoker and you're strong enough to walk the journey out of the prison of smoking.

Imagination can be directed — Coué's second law. Belief that the goal is possible is stated as the precondition, because without it there is nothing to steer.

Smoking is like standing in the center of a ring of fire. Somehow, standing in the very center, you feel OK, but you know something is wrong. Get up the courage to pull the cape over your face and dash through the flames. Sometimes the only way is through. Make a dash for it. [pause]

Metaphor: the ring of fire. Courage for the crossing, and an honest one — it does not pretend the next few days are comfortable.

Now you're out. You're free! Feel that freedom. So many directions and paths to take. The only place you can't go, don't want to go, is back into that center of the ring of fire.

Away from smoking into something new and unknown. And yes the unknown can be a little scary, but that's okay. You can handle these emotions. It's safe to feel all your feelings now. We are mature adults. Now it's okay to step into the new, to push past the old. So that in 10 years when you're 10 years older. 10 years older, your life has progressively gotten better and better, your life reflects your true passions... whatever you want to achieve. [pause]

Gaining Perspective again, at ten years. The frame keeps widening as the session closes.

It's a forward journey leaving behind the old negative limitations, old limiting beliefs... your limiting thoughts about yourself... any limitations that are put on you, you let them go. The past does not equal the future. The past and the future are different.

And one more mental journey, before we come up out of hypnosis. Picture yourself on a very large ship, as it skims across the surface of the ocean. It's a sailboat and the big white sails are billowing full, full of the winds of life driving the boat forward rapidly.

The Sailboat: Course Correction. Placed last because it is the widest — this stops being about cigarettes and becomes about direction. And then *throw overboard anything you do not want sailing into your future.*

You are at the helm. Feel the ocean spray. Taste the salty sea on your lips. Sunlight glances off the surface of the water. Look ahead and see where the ship is headed and know it's time to make a course correction. Look around the ship and realize you're the captain. This is your boat. In charge of where this boat sails.

Look out ahead where the boat is going. Realizes it's time to make a slight course correction. Shift the sail now, and the wind catches from the other side and the boat gently curves.

Now line that boat up to a future you want to experience... so that when the winds of life blows, it takes you where you want to go. So when the winds of life blow, you're already pointed in the direction you want to go. So you're pointed in the direction you want. Just a gentle course correction. Remove smoking from your daily lifestyle routine. Replace it with something better, lining yourself up with a future you want.

Experience getting in perfect alignment. That's all, the universe, the wind takes care of the rest. And as that boat makes that gentle, sweeping curve, it's time now to throw overboard anything and everything that you do not want sailing into your future. It's time to release and let go of and throw overboard anything and everything that you do not want sailing into your future with you. Do that now. [pause]

So that the only things left on the ship are things you want to carry into your future with you. [pause]

And we don't understand quite why or how powerful the mind is, but your mind is influenced by the truth of these words. These truthful words become your own inner voice. You listen to your own inner voice.

Ownership. "These truthful words become your own inner voice" — Coué's autosuggestion, again, and the reason the session holds after the room is left.

And you find it very easy to navigate the next few days of your life allowing your body to detoxify. In fact, any sensations in your mind and body are neutral, just sensations and no longer have any impact or influence on your actions. Your only action is to remain a non-smoker and all this seems very simple because it ends up feeling simple and it ends up actually moving from your mind into reality very simply.

Because you have pictured yourself a non-smoker, practiced being a non-smoker, and because you believe the goal is possible to realize, and because of the hypnotic influence, the sensations in your body are very tiny and

easy to handle and manage. And all you do is pick up a hiking stick, lace your boots and start stepping forward one step at a time, taking a new trail, just letting go of the old habits. Carve a new path forward.

Each time you listen, absorb the post-hypnotic suggestions, deeper into the subconscious, the part of your mind that has all the creative resources at its disposal.

The fresh, bright, living part of your mind behind, beyond the habits of the old, old programming... that fresh, bright part of you that keeps you moving forward.

EMERGENCE

And only when you're done with your own inner process, (I'll be quiet as you finish on your own) and when you picture your success and when you're certain that you're going to move forward this next week as a non-smoker, that you're going to live the rest of your life, a non-smoker and you feel that through your core, your deepest core belief... only when you feel that certain... your eyes will open, feeling wonderful, refreshed, and wide awake. Your eyes will open feeling wonderful, refreshed, and wide awake. Take all the time you need. Your eyes will open all by themselves.

The Silent Finish. The instruction is given and the room goes quiet. The client's own subconscious decides when the work is done.

Worth sitting with: after forty-five minutes of material, the session ends by *handing control back*. That is the same principle as letting the client choose the color of the crystal and press their own button — and it is a large part of why it holds.

[Now go quiet and let them finish. Three to five minutes, sometimes longer. This is the emergence — you have already given them the instruction, and their eyes will open when their inner work is done. If you would rather count them up, the wording below does it.]

In a moment I'm going to count from one to five, and at the count of five you'll be all the way back, wide awake, feeling wonderful and refreshed ... and a non-smoker. One ... beginning to come back, and everything you've done here today is yours to keep. Two ... feeling rested and clear. Three ... the certainty you found is settling into your body, and it stays. Four ... coming all the way up now ... and five. Eyes open. Wide awake. How does that feel?

The Standard Count-Up, offered as the alternative for practitioners who would rather not sit in silence.

[Stop the recording on your phone.]

Notes for the Practitioner

Read it aloud twice before you use it. This one is long, and it is written to be spoken rather than recited. The first read is for the shape; the second is for the rhythm, which is where its power actually lives. Mark your own pauses in the margin as you go.

Gather the client's own material at intake. What they picture as health. Who they want to be around for. What they have already tried. The script is strong on its own and much stronger with three or four of their own words dropped into it.

Timing. Plan for forty to forty-five minutes of trance, plus intake and emergence. It is a full session and it is meant to be.

Record it. The post-hypnotic suggestions are written to be reinforced, and the first seventy-two hours are when the client most wants your voice. Send the file the same day.

One session is often enough, and a follow-up a week later is better. Use the follow-up to reinforce, to hear how the week went, and to handle anything specific that came up — a particular trigger, a social situation, a stressful week ahead.

If a client relapses, it is information rather than failure. Something asked for the cigarette and got it. Find out what, and work on that. Many long-term non-smokers quit on the second or third attempt, and the attempt before was part of how they got there.

Where each technique appears

Utilization	The induction — pretending to be hypnotized
End-State Model	The vision of health; the non-smoker self
Antonyms & Opposite Symbols	Balloons released, crystal attached
Gaining Perspective	One year forward; again at ten years
Mental Rehearsal	The ordinary day, the hard day, the refusal
Suspending Disbelief	Five years forward, dream big
Secondary gain	<i>Is it safe for you to be a non-smoker?</i>
Confidence Pyramiding	After the sunset deepener
Identifying Limiting Beliefs	What do you have to believe to keep smoking?
Self-Concept & Core Beliefs	The seed planted in dark earth
Symbols You Can Turn	Neutral sensation, bubbles, the plug
Metaphors & Stories	Canyon wind, river, ring of fire, sailboat
Quotes pattern	Robert Downey Jr.
Parts Work	The vault
The Flashlight	Choosing where the beam goes
Contrast: The Fork in the Road	The red and black buttons
The Sailboat	Course correction; throwing overboard

Teaching Self-Hypnosis	The recording, listened to in a day or two
Direct Suggestion With Repetition	<i>I can do this. This is easy.</i>
Post-Hypnotic Suggestion	Absorbed deeper with each listen

What else could go here

This script came out of live sessions and was written the way it was spoken. What follows is not a list of mistakes and not a list of choices — it is simply what else could sit in this script, where it would go, and roughly what it would sound like. Add any of it, or none of it.

Ideomotor questioning. The introduction mentions setting up a finger signal to time the pauses. It could do much more than that, and the obvious place is the safety question — *is it safe for you to be a non-smoker?* — which currently goes by without an answer. Set the signals up in the pre-talk, then:

“In a moment I am going to ask your subconscious mind a question. You do not need to answer out loud, and you do not need to know the answer yourself. Just let the yes finger rise all by itself. Is it safe, in every way, for you to be completely free of cigarettes? [pause] Good. Let that finger relax back down.”

If the no finger rises, nothing has gone wrong. The session has just found what it is actually about.

Parts negotiation. The vault holds a part; it does not ask that part anything. Before the door closes:

“Before we close that door, I want to thank the part of you that has been carrying this. It has been trying to do something for you — settle you, protect you, give you ten minutes to yourself. Ask it now what it was really after. [pause] And ask whether it would be willing to get that same thing for you another way, a way that costs you nothing at all. If it agrees, let that finger rise.”

Worth adding for a client whose smoking is clearly managing something — grief, anger, a marriage.

Regression or the affect bridge. If you wanted the root rather than the habit, it would go early, before the future pacing:

“Notice the feeling that used to arrive just before you reached for a cigarette. Do not push it away. Let it get a little stronger. And now let your mind drift back along that feeling, back and back, to the very first time you ever felt it. Be there now.”

One caution that is practical rather than theoretical: this opens material, and material that is opened has to be closed in the same session. Do not start it in the last ten minutes.

Ego strengthening. It would sit naturally right after the sunset deepener, where the confidence pyramiding already is:

“Every day you feel a little steadier in yourself. Your nerves settle. Your mind becomes calmer and clearer. Things that used to unsettle you matter less, and you find you have more of yourself available for the things that matter more. You are becoming physically stronger and healthier, and you notice it in small ways at first, and then in large ones.”

For your practice

Take any script in Section Three and mark it up the way this one has been marked. Name what each passage is doing and why it sits where it sits. You will find passages doing nothing, and passages where two techniques are doing the same job.

Then take the script you have been building for yourself, and do the same to it. That is the exercise that changes people. It is one thing to read a script fluently, and another to know at every moment what you are doing and why — and once you have that, you will never need a script again.