

Smoking Cessation Client Intake Form

In order to help you understand why you smoke and how smoking affects you, please answer the following questions carefully. Although your initial responses might be yes to all of them, please take the time to consider each question carefully. Your hypnosis session will be customized to fit your specific needs and we will spend time finding alternatives for each emotional and habitual need.

I smoke: Yes or No

To elevate my mood _____
To feel comforted _____
For companionship _____
To relieve stress, ease tension _____
To give myself a break _____
To relax _____
To punish myself _____
To feel comfortable socially _____
To break boredom _____
To relieve loneliness _____
To soothe frustration _____
To curb my appetite _____
To bribe myself into action _____
To celebrate _____
To rebel, be different _____
To show my independence _____
To irritate someone in my life _____
To stimulate my creativity _____
To focus and concentrate _____
To organize my thoughts _____

I smoke when: Yes or No

I'm angry _____
I want a reward _____
I'm happy _____
I'm unhappy _____
I'm arguing or after a fight _____
I'm feeling insecure _____
I'm nervous _____
I'm afraid _____
I'm feeling left out _____
I'm driving _____
I'm watching TV _____
I'm working _____
I'm drinking alcohol _____
I'm drinking coffee _____
I'm talking on the phone _____
After eating _____
My body wants nicotine _____
I smoke purely out of habit, _____
Have no emotional attachment _____

Meeting the Need While Dismissing the Habit

Think about the above reasons. Each of them has a positive function; that is, it isn't wrong to be nurtured, to feel less stressed, to feel comfortable in social situations, or to control your weight. What you are accomplishing with cigarettes has value. It's just that the habit that has been established to meet the need is one that ultimately destroys, rather than supports. You know there is nothing that can be said about the ill effects of cigarettes that you have not already heard more than once. Further, the suggestion that you can meet the same needs while employing a new behavior or a new habit may seem outright preposterous. But it isn't, if you're willing to rely on the power of your subconscious. Your subconscious can provide you with specific, constructive alternatives to smoking that will be genuinely desirable.

“To become a permanent non-smoker, it is crucial for you to see yourself as a non-smoker. A non-smoker is a person who chooses not to smoke. You do not see yourself as an “ex-smoker”, a person who forces himself not to smoke.”

Please put a check mark next to the following reasons why you wish to become a non-smoker. Put a star by the single most important reason.

Why I want to become a permanent non-smoker:

- To take back control of my life.
- So I can stop being embarrassed about having this habit.
- To avoid the health risk from smoking.
- So that I can look healthier and smell cleaner.
- In consideration of my family and their health.
- As a better example to my children.
- To be able to breath easier and not be short of breath when I exert myself.
- So that I can enjoy non-smoking activities.
- So I can spend time with non-smokers.
- To be able to taste and smell better.
- So that I can be more productive at work.
- To improve my financial situation by saving the cost of cigarettes.
- I'm tired of burning holes in clothes, furniture, etc.
- So I can take long flights without suffering from withdrawal.
- So I can avoid people's nasty looks and comments about my habit.
- So I can be free from worry about when & where I can have my next cigarette.
- So I can find out who I am without this crutch.
- So I can be more physically fit and participate in more activities.
- So I can stop dulling my emotions and hiding behind a smoke screen.
- Because the Dr. said I had to.
- Because someone else wants me to.
- Because it does not fit with the rest of my life and my current philosophies.

Incorporate new habits into your life. These new habit possibilities are listed below. Put a * by at least one in each category you checked that you feel will be a beneficial alternative for you.

To elevate my mood or to feel comforted:

- Focus on something you have coming-up to look forward to.
- Take a moment to write a positive affirmation.
- Read a pre-chosen verse that lifts you spirits and gives you hope or encouragement.
- Use EFT, TAT, Z-Point, Whole Brain Posture, Heart Focus
- Other: _____

For companionship, to relieve loneliness, to break boredom:

- Call or visit a friend
- Get a pet
- Write a letter or E-mail
- Offer to do something for someone else
- Read something uplifting and stimulating
- Get involved in a hobby or pleasant past time such as _____
- Use EFT, TAT, Z-Point, Whole Brain Posture, Heart Focus
- Other: _____

To relieve stress, ease tension, to give myself a break, to relax:

- Listen to your permanent non-smoker CD.
- Stop what you are doing, close your eyes and take 10 really deep and slow breaths while recalling all the good reasons you have for being a non-smoker.
- Go for a walk.
- Talk to someone about what is causing your stress.
- Meditate.
- Shift you attention to a constructive activity that you enjoy.
- Listen to soothing music.
- Use EFT, TAT, Z-Point, Whole Brain Posture, Heart Focus
- Other: _____

To feel comfortable socially:

- At social events, join the nonsmokers.
- Make a concerted effort to introduce yourself to a least one unfamiliar person, and carry on a short conversation.
- Participate in discussions whenever the opportunity presents itself.
- Join in the activities or volunteer to help.
- Look for someone else that looks uncomfortable and go over and ask them about themselves, then you'll both feel more comfortable.

To soothe frustration, anger:

- Step out of the frustrating situation far enough to get perspective.
- Take ten slow, deep breaths with your eyes closed.
- Stop and write about your feelings and what's causing them.
- Write out the ideal solutions to the current problem and then visualize them happening.
- Take a walk or other form of vigorous activity.

To curb my appetite:

- Drink a tall glass of water
- Have healthy non-fattening snacks prepared, i.e. celery, carrot sticks...
- Suck on a cinnamon stick, gum, mints, etc.
- Brush teeth
- Eat fruits and vegetables for snacks rather than junk food

How Hypnosis works

The need for your habit has been established in your subconscious. It is your subconscious that causes you to nurture and support yourself by smoking. In order to be able to genuinely desire an alternative to smoking, you need to reprogram your subconscious. We accomplish this by putting you into a wonderful state of deep relaxation. When the body is sufficiently relaxed and feels as though it is sleeping, then we will relax the mind, allowing the conscious and analytical mind to step aside and allow the subconscious to be open to receive the positive alternative to smoking that you have selected.

By constantly reinforcing your decision to become a non-smoker through the use of the CD provided, you can be assured that your subconscious will accept the suggestions to create new behaviors for you. It is suggested that to be entirely effective, you must reinforce the programming daily for 30-days, and then again anytime you are feeling tempted to revert to the previous behavior.