

"Not Smoking is Your Choice" by Michael Yeager

CHAPTER 1

"Not smoking is the easiest thing I have ever done." This statement will be turned into practical action by you when you apply the principles discussed in this book. I will be discussing change in behavior in possibly a way that you may not be used to as of yet. I encourage each and everyone of you to pay close attention and take in every idea. Your success depends upon your accepting and taking action on these exercises.

I ask you to be willing to break out of an old belief pattern, i. e., that of seeing, speaking, thinking, smelling, and acting like a smoker. This journey out of an old belief can, and probably will be met with resistance, fear, rejection, denial and skepticism. Note from the onset that these reactions are to be expected whenever change begins to occur. You see, you are challenging old, stable, nurtured beliefs about you. These beliefs have been with you for a long time.

As you persist with the exercises, I ask that you choose to become aware of how you respond to the ideas. Notice how you feel when you go through the motions. This self-awareness is very important because as you acknowledge more about you, the more powerful and in control of you, you will see that you are. This idea came about as I began to look at my messages I gave to me about smoking as well as everything else in my life. I began to notice that I never lied to me about anything. If I told me that something was going to be a certain way, then that's the way it turned out. I had to look beyond the surface messages and go deeper within my mind. I was only able to accomplish this by making me take the time to become aware of the self-talk that is with me day in and day out. I had to force me to pay attention to me.

This discipline required work effort of one to two seconds, ten to twenty times a day. As I heard me, I began to notice that I was constant in behavior to match the self-talk deep within me. Here I breathed a sigh of relief because now I could honestly say that I had gotten out of life exactly what I wanted. This is not to say that I had everything that on the surface thought wave I said I wanted. I mean to say, that my life totally paralleled my deepest thoughts. I noticed also that this difference in level of thought was the cause of my frustration and confusion. I began to see that one message, the surface one, was "I want to stop smoking", while the underlying message I gave myself to counter the surface one was, "I can't stop smoking because ... " This list of "because"s was extremely long and had a lot of energy in it. What this revelation about my messages to me showed me was that I had inconsistent thought but very consistent behavior. Therefore I was responsible for my smoking because my thoughts and behavior matched the deeper level. You can imagine how free I felt at this point. If I really was constant in both thought and action at one level, then all I had to do to change my behavior was to replace the old message

with a new message or bring the surface message - "What I think I want" - down to the deeper message of "What I have manifested in my life". I knew that I must first become aware of the old messages. I had to get to know them. I needed to really hear what they were before I could change them. This process of identity was one I did not like because I had to become very honest, and honesty can be very painful. I did not enjoy knowing that I had put a lot of energy into my excuses for why I couldn't quit. I was embarrassed to know that I didn't know how to function in life without a cigarette. I decided that if this was the price I must pay for me to stop, then I was willing to pay the price.

I became aware through the aforementioned exercise of self-awareness, that I would not be willing to stop smoking for a negative reason like failing health, coughing, smell, bad taste in my mouth, heat in my lungs. I knew these things, and although they made an impact on my life and I did not like the effects, I still had not and could not quit for these reasons. Knowing this about me, I decided I would look for a positive reason to stop like - "I Love Me". I was aware from psychology, counseling, success-motivation courses, and my salesmen's career that goal setting was very important - that if I have a goal to shoot for then I can stay motivated to achieve it. I set me a goal far enough in advance that I thought I could achieve my desired result. I'll say now, and more later on that, I missed my first goal, but because of the work I had done on myself to get me to the first date, I simply set another goal and was successful on the second attempt. I found as a result of this exercise, that my mind will accept any new message I give it. All I need to do is repeat it often enough for my mind to accept it.

Persistence

I noticed in my quiet time that I had a mental image of me as a "smoker". I couldn't seem to be able to see me as a non-smoker. I just had smoked too long to remember what I was like, how I felt, smelled, acted as a non-smoker. I was discussing this with a friend, I said, I just can't imagine what I'll feel like as a non-smoker." He said, "You'll feel good!"

Now I had something to relate to; now I knew what it was like to feel good. So, when I began to create an image of me as a "non-smoker", I created me feeling good, smelling fresh, and acting comfortable, basically using general terms that I could relate to. This allowed me to see me as I wanted to be, or live in the solution. I had decided another thing about me - if I was going to become a non-smoker, I refused to become one that gave smokers a bad time. I decided that since not smoking was my choice, then that's all it was - a choice. I decided that I would create me not smoking and not being offended by smokers. I would not, under any circumstances, become an obnoxious non-smoker.

I cannot stress enough the absolute importance of your accepting the fact that you are responsible for every aspect of your life. The acceptance of this responsibility allows you to effect change in every area of your life. If you own your responsibility and your thoughts then you can

choose to do whatever you want to do with your behavior. This acceptance begins with the mind.

In your mind, you hold all your perceptions, ideas, concepts, facts, aspects of who you are - what you think you can and cannot do, how you see yourself in this life, your self-concept, how you perceive the world around you. Your mind is your window to your reality. You make decisions based on your unique belief systems. Your belief system is made up of how you choose to perceive reality. If you agree and accept the concept that you are responsible for everything that happens to you, then you choose how you perceive reality. Therefore it holds true that you can change your perception about you as a smoker to that of a non- smoker. Once you change your perception, then you'll be able to change your actions. You exhibit the behavior that is thought about the most at the deepest levels of your mind. If you think that not smoking will be a very tough thing to do, then it will. Likewise, if you think that it will be easy, then it will. You are in control of your thoughts and actions. A statement of your strength is your willingness to confront and change your belief and behavior.

CHAPTER 2

It is necessary that you do the exercises and follow the other instructions in the book. I know that you all have:

1. tried to stop smoking before
- or 2. never tried to stop smoking before.

So all of you have some kind of preconceived idea about the success or failure of this course. I assume that you all anticipate success and hope that the course will work for you. This expectation is very important because it helps lay the groundwork for how successful you will be. It's necessary that you understand that the ideas laid out in the course are not theory. They are reports of action taken. You will be a success no -matter what you do. We always get what we think about the most. We automatically demonstrate the behavior that is most closely aligned with our thoughts.

The exercises are tools you can use to change your thoughts about you as a smoker to that of a non-smoker. They are simple, require some time, but mostly require you to make a conscious commitment to do them. Repetition is the key to learning. Yes, this is an old saying, but it's true. At present, you, as a smoker, are, or have given, you messages to reinforce your smoking; i.e., "To stop smoking will be impossible", "I'll get fat", "I'll become unbearable to be with without a cigarette", "I don't have the will power", "I don't know what I'll do with my hands". All these messages are your creations - your blocks and barriers to effecting change. These are the messages, and many many more that continue to come out of you, that continue to allow you or to help you demonstrate the behavior of a smoker.

It's very important for you to be aware of all your self -talk about why you can't quit. I want you to notice the energy you put into your statements. Notice the level of expectancy of success you put into your statements. Look at the backlog of data to prove your point. Notice also how long you have given yourself the same messages. It's important that you reflect on this information so that you can become aware of who you are. We're basically identifying the problem for you right now. We have to start with a base and this gives us that base to work from. See the importance repetition has played in helping you achieve success in the maintenance of your smoking behavior. All these things, actions and thoughts you hold onto allow you to defend your behavior as a smoker, and justify to yourself why you can't quit. This energy can be turned around and used to support a new behavior – not smoking.

Choice is the key here - you can choose not to smoke. The statement of choice frees you from the habit. By believing you can choose not to smoke or to smoke makes you responsible for your behavior. The acceptance of this idea of choice puts you in a position to effect change. Once you own an aspect of your behavior, then you can do something about it. All the excuses have to be cast aside. You can no longer play victim to circumstances. By telling yourself, over and over again, that you can choose to stop smoking, this will eventually get you to believe this fact. It is very necessary that you choose to stop smoking for a positive reason, like "I Love Me" or some other positive growth-oriented phrase. You have known for years all the negatives about smoking. People can generally come up with the "So what?" or "It can't happen to me" attitude when it comes to things like cancer, black lung, emphysema, shortness of breath and we all can easily discount these things - the smell of smoke, coughing up last night's smoke. We have known this stuff about the effects of smoking on us for years and it has not been a sufficient deterrent to stopping yet, so why should it work for you now? This is why I believe if you have a positive, simple phrase, then the results will be positive. The positive, "I love me", infers I am demonstrating a caring action to me which is different from the negative of - "If I don't quit, some terrible things will happen to me." So, we are not running from something, you are choosing to accept something good. It has to do with how you think about it.

Again, the course is designed to help you see your relationship to smoking in a different way. This idea, of how changing your thinking can change your actions is an important idea for you to understand. I ask you also not to judge your smoking, or, not judge smoking behavior. If you judge, you are putting energy into a right/wrong situation. I contend smoking or not smoking is not a moral issue. I cannot place a moralistic judgement on an inanimate object. By refusing to judge, you are better able to keep the idea of choice uppermost in your mind. Also, by not judging your smoking or not smoking behavior, there is no emotional charge in either direction, so you can exercise your choice much easier - the flow can be there for you. By staying away from the good/bad issue, you can also be less prone to being an obnoxious non-smoker. We all know what it is like to be judged by a non-smoker and it adds fuel to the fire of, and places emphasis on us being a non-smoker.

It is very important to passively know we choose not to smoke and that's that. We are simply exercising our choice - we do not have to justify our choice by forcing others to do as we do. This places energy on smoking and can end up with us being bitter and resentful, which can lead back to smoking or other unloving behavior. By the idea of passively accepting your choice not to smoke, you no longer have to put any emotional energy into the smoking issue. By staying away from this energy and the smoking issue, then, when you actually take the action of not smoking, there'll be no more emotional charge to it. There will be no desire to smoke or not

to smoke, it will simply be what you do - it will be incorporated into your entire belief system. You'll have no need for all the, as I see, "crutches", for not smoking which are the toothpicks, the bubblegum, the something in your mouth to satisfy this oral craving. This oral craving, in and of itself, is the same behavior as smoking. It keeps the idea of "you must have something in your mouth to be satisfied" alive. As long as that craving exists within you, you are trapped into the idea of having a cigarette. You need to effectively diminish this idea that you need anything at all in your mouth. You need to diminish the idea that you have an oral fixation, and that you need something in your mouth to satisfy it. The mind works in a very mechanical way - if you are putting a toothpick in your mouth or if you are chewing bubblegum after meals or things like that, you're still thinking you need a cigarette. This will keep the whole idea of the habit alive. So, by placing no energy at all into the non-smoking issue, then you will not need these other "tools" to effectively kill the smoking habit. As you can see, the habit involves much more than the cigarette.

Now you need to decide when you want to choose to stop smoking. I suggest 30 to 60 days from today. You have smoked for some time now, so a few more days won't hurt anything. I say 30 to 60 days because you will need time to desensitize your image of you as a smoker to that of a non-smoker, and this simply takes time. The exercises you will be doing will enable you to stop on the date with no problems, no discomfort or annoyance, weight gain, or negative personality change. I promise, if you follow the instructions and if you do the exercises daily, you, will easily exercise your choice to stop smoking.

You will need some time for the new messages to replace the old messages. It is not important that you rush through. It took you years of unconscious information to get you to believe as you do now. It will take time to consciously change the self-talk. Take it easy but do it! Having a concrete date to shoot for will keep you headed in a definite direction. The date needs to be far enough in advance for you to believe you can achieve success by that time. It gives you a framework to work in as far as time expectancy and energy. As I said before, having a goal to shoot for enables your mind to go in a specific direction to look for a specific goal to make everything very concrete and easy to obtain. When I set my first date, there was a 30 day period of time. As I stated earlier, I missed the first date, and I simply rescheduled and was able to effect stopping smoking on the second date I set. So, it took me a total of 58 days in order to effectively demonstrate the desired result. Not smoking, where I was comfortable, no weight gain, where I had a very pleasing personality, in fact, it was a very easy thing for me to do just like I had told myself that entire period of time. What you need to understand is that all of us are different. We all have a different level of resistance to change. I don't know yet of a way of measuring this difference. I do know that through hypnotic courses, through most of the

motivational books I have ever read, they all give a time period of 30 to 60 days of daily repetition, of affirming the new message on a regular basis before the behavior is demonstrated. The mind simply needs time - it's own time - to absorb the new message and then produce the desired result. So once you have the date, it's important that you continue the messages daily, become very persistent. Don't overwork yourself during this process but keep a regimen or a schedule of daily repetition many times throughout the day repeating the new messages. Now that your date is set, and you understand the importance of choosing to change your behavior for some positive reason, write it out. I suggest this statement:

"I choose to stop smoking (Date) because I love me."

It's a very simple, short statement, easy for the mind to grasp, it's there, it doesn't take any time or relatively no time at all, to read the statement. Now you'll take this card and statement and put it up so you will be able to see and read it at least two times a day - once, first thing in the morning and again, the last thing at night. Your subconscious does not know the difference between fact and fiction, so by giving it a message:

1. Through sight it's written down;
2. You'll read aloud;
3. You'll hear the message;
4. The message slowly begins to take root

You can also place the message on the dash of your car, on the refrigerator, on your desk - anywhere where you'll glance at it and see it throughout the day, as often as you can. At these other times, it is mostly important that your subconscious be reminded of the goal and the choice. This way, whether you are consciously or unconsciously working on the goal, action is being taken.

Action is most important - you must commit yourself to do these things:

1. Write it out - I choose to stop smoking (date) because I love me"
2. Read it aloud - first thing in the morning, last thing at night.
3. Remind yourself throughout the day by glancing at the card, of your commitment.

4. Do not judge your smoking or non-smoking behavior or that of others.

If you refuse to commit to these things, then the course, the ideas presented here simply will not work. Action is what keeps you a smoker. Action on new thought is what enables you to become a non-smoker. The ideas are based on decision, belief, choice, love of self, goal setting, visualization, repetition, audio as well as visual, and action. It is mostly a letting go, or a passive process. As the new, or different messages are daily, simply changes with no effort on your part.

I ask you to follow instructions and take what you get.

With the information that has been presented in this chapter, I suggest that you go over and re-read the information every day, two or three times a day, for this week. Just continue to absorb the information presented in this chapter. As you go through, you'll get new information. But, as I stated earlier, it's taken awhile for you to get to this point so a few more days of smoking isn't going to hurt anyway. Go over and over the information previously stated, get familiar with it, allow yourself to digest it, get comfortable with knowing who you are, with finding out what's going on inside you as these new ideas are being instilled into your mind.

CHAPTER 3

I'll be discussing in this chapter, using your imagination, how to relax, questioning your belief system, willingness to change your belief system, level of expectancy in your ability to change. What I'll be discussing now will give you another tool to reinforce the new information about yourself that you want to incorporate into your belief system.

Besides giving you verbal messages, you also have a mental image of you as a smoker. This mental image will need to be replaced with a positive image of you as a non-smoker. You will see you, in this exercise, as a smoker only once. Then you will see you as a non-smoker possessing all the qualities you desire about you as a non-smoker. Your mental image of you remains consistent with your verbal messages and demonstrates itself in outward action. What's going on in our outer behavior is consistent with what is going on with your inner image Harmony. Once again, you'll be breaking out of your old verbal and mental image of yourself into demonstrating a new belief and behavior. The work I talk about is the conscious effort you are willing to give the exercises daily. The conflict will be the fight you will have with yourself being unwilling or at least reluctant to believe the new image will be you. Remember, you have years of experience in seeing you as a smoker and this new image will not be consistent with the old image. Expect the fight, but do the exercises!

Visualizing, or using your imagination, to create a sense or picture of you as a non-smoker is the nature of this exercise. Do not be bothered by the term "visualize." It is not necessary that you mentally see any image - some do, some don't. What I want to say is, learn to trust your imagination and trust your first sense that comes up for you as you do the exercise. There's absolutely no right or wrong. You will actually just be thinking about you in the exercise and you already know what it feels like to think about you, right? You will go through a practice exercise, so you know beforehand just what it feels like to sense or visualize or think about.

What I'd like you to do is to close your eyes and relax. With your mind's eye, look at the wall in your house - let's say where the T. V. is. See for you what it looks like, get in touch with how you were the last time you remember being in that room. Take note of the color of the wall, the pictures, the plants, anything that would help you know what it's like to be in that room. Now, open your eyes. You have just visualized or thought about - it's as simple as that.

Thoughts create your perception of things familiar and unfamiliar to you. Thought is energy and produces in action that which it is directed to produce. What I mean to say is, you get exactly what you think about the most at the deepest levels. You may have noticed that there are times when you have been thinking about someone or something that they or it were just there for you. It's no coincidence or accident. It is the direct result of directed thought. You must think of

something or picture it before it can be completed through action. You must think about going to a movie before you can go to a movie. You have to visualize the drawings of your new home before you can have a new home. The ideas, or thoughts, create the mental blueprint necessary for you to take action. I must know where I want to go before I can take action to produce the results. The Bible states, "As you sow, so shall you reap." This means, from a practical point of view, that we always attract into our lives that which we think about the most, or believe in the most strongly, basically expect on the deepest levels, and/or imagine the most vividly.

You can do these exercises in two to three seconds many times throughout the day. The more energy you put into it, the easier the physical action of quitting smoking forever. There are basically four steps necessary to effectively visualize, or see:

1. You set the goal. The goal is important so that your mind has a specific date and a specific item to work towards. It provides a time frame for you to work in which enables your automatic success drive within your psyche to become activated.

2. Create a very clear idea, or picture, of you as a smoker. Then you will make this picture disappear and see you as a non-smoker, relaxed, at ease. Now, think of you as a non-smoker in present terms. See you as you want you to be as a non-smoker. Be as detailed as you can. You may, if you wish, take a picture of you not smoking, smiling, and in a relaxed position. Title it, "Relaxed, choosing not to smoke" and see this many times throughout the day.

3. See the image often. Bring this image to surface as often as you think about smoking or as often as you smoke. Let the image come up every time you light up. Be sure you spend one to three minutes first thing in the morning and last thing at night seeing and sensing you as a non-smoker. Focus on it clearly in a very gentle, loving way. It's important that you allow the image to passively be with you - to not feel like you are working hard to get it. Basically, the more passively you allow the image to be with you the more effective it will be for you.

4. Give the image positive energy. Encourage you as a non-smoker. Get in touch with the good you feel as a non-smoker, smiling, breathing, walking and smelling. Sense how good you feel knowing that you are now a non-smoker. These mental images are affirmations that you constantly feed your psyche. This process puts your creative ability to work and allows you to accept the completion of your goal. Remember, if you affirm your smoking, then you smoke; if you affirm your non-smoking, then you demonstrate that behavior. We are daily using affirmations, so since you have chosen to change your behavior, simply affirm the desired behavior for you. Use the affirmations to counter any negative doubt that occurs. The negatives are simply another form of affirmation. You are choosing to replace the negative affirmations of "How hard it will be", with the more positive affirmations of "How nice it will be not to smoke." This is just a tool - a very effective tool. You need to pick it up and use it though.

What I want you to do now is get into a very relaxed position.

Relaxation and taking time out for you is a very important aspect of this exercise. You must allow yourself to accept the images as they come up. You must allow yourself to relax and be at ease. Read through the instructions first then follow them, or, take action on the instructions and see what you get. Close your eyes, take two or three deep breaths, let out the tension of the day. Start with the top of your head. Go through your skull and slowly relax your entire skull. Come down to your forehead, relax the eyes, the cheeks, mouth, neck. Let your entire body slowly, slowly relax. Through your shoulders, arms, stomach, back, your calves, your thighs, down to your feet. Just allow your body, your entire body, to become very, very relaxed. All is easy and peaceful - just relax. Know that you feel good all over.

Now, create an image for you in your mind I s eye. See you as a smoker. Get in touch with your behavior. How do you feel, how do you smell, when are you smoking most, how do you act. Get very in touch with the entire image of you as a smoker. Now, I want you to make this picture disappear simply choose for it not to be there. Now that it's gone, see yourself as a non-smoker. See yourself very comfortable, at ease, having a very pleasing personality, seeing yourself at your desired weight, in perfect health. You don't want a cigarette, no craving - you are totally relaxed and at ease. You have no desire for a cigarette at any time of day or in any given situation. You are totally at ease with you as a non-smoker. This is the image you will see from now on, or whenever you choose to close your eyes and see you.

If you'd like to, you can put this message down on tape and play it back to yourself so that you can have this verbal reinforcement going on as you allow yourself to see you as a non-smoker. The purpose of the exercise is to get you to put your energy into the desired result, not the problem. The problem needs to be identified because you need to have a base to work from. But, once the problem has been identified, your energy now can be put into the solution. The entire course is a solution to the problem. You will need to answer some basic questions about yourself now. The success or failure of the course rides on your affirmative answer to these questions.

In regard to quitting smoking, do you believe you can be a non- smoker at the very deepest levels?

Look now, deep within, and see what response comes to the surface. What is the first response you get? You need to be aware of the self- talk - this clamor from within. It is a guiding force in your life, this voice or talk, is what we respond to as we live our lives. Pay attention to it. If it is not saying what you want it to say, then it is your talk so allow yourself to go in and change it. That, again, is what the exercises are for. It is a tool for you to help change the self-talk that is

going on' within you as a smoker. Then, you can see, you are consistent with this self-talk. Be aware of who you are and what you tell yourself about you.

Now, you need to know if you really want to change. In order for us to effect change in any area of our lives, we will give something up about us. You need to know if you really want to give up your cough, smell, fancy lighters, the ashtrays, cigarette carriers, how you handle anxiety, fear, frustration, happiness - your image of you as a smoker. You'll really have to be willing to give this entire image up. You'll give up your morning ritual, your after dinner ritual, how you handle answering the telephone, or meeting new people where you sit in restaurants, on airplanes, why you can't do certain exercises, etc. Your image of you will change. You need to know if you want to give it up.

A way you can see for yourself the strength of your desire will be in how much energy you put into the verbal new messages and your use of the visualization exercise. If you think of excuses why you can't or won't do the exercises to counter the old messages, this is telling you you don't really want to change. That's good to know because then you can spend your energy doing what you want to do. So, once again, the self-awareness is a way of freeing you up to do exactly as you please.

Likewise, if you find yourself doing the verbal and visualization exercises consistently, conscientiously throughout the day to counter the old messages, then be assured that you will eventually follow the new messages with the new, desired action. We become what we think about the most - where you put the bulk of your energy. So, just by paying attention to you, you will know where you are and where you are going.

Expectancy in your belief, in your ability to change, is the needed emotion to carry you through to successful change in your behavior. This emotion of expectation has the power to demonstrate whatever behavior you want to demonstrate. Look back in your life, see where you have expected with all your heart a certain result - known that something would happen, only to have it happen. By consciously nurturing this expectancy, you can take charge of your life in many ways. Be aware now of what that felt like, to know that something would happen. Get in touch with how you felt all over. Notice also what you did to feed the expectant feeling. By being aware of all these aspects, feelings, and emotions, you can recapture them for you and put them to use at will. This part of the course is very important.

I'm asking you now to stop, and think of how you have taken control of other behavioral changes in yourself. Reflect now, with your eyes open or closed, whichever works better for you, and see exactly, specifically what you did to effect the change. Big or little changes - it doesn't matter. The same identical process is at work. Be still now for a few minutes and reflect. Just relax and look.

The universal law is at work in all situations and at all times.

It's important that you see the common thread running through all these situations. The law works the same, no matter the issue. The law is, "As you think, so shall you become. "You create your own life as you choose it to be - free will.

Do not fight the exercises - simply allow yourself to do them. To counter the old messages, or whatever or whenever you think about them, simply allow the new belief time to be accepted. This is why the message needs to be seen and heard every day many times throughout the day, why it's important to see yourself as a non-smoker enjoying yourself, and to especially not judge you for smoking or not smoking, or anyone else, for that matter. As the new or different messages are daily repeated, then the behavior simply changes from within and there is no effort on your part. Remember, that it is mostly a letting go or a passive process. You have chosen not to smoke.

CHAPTER 4

For change to take place, you will need to get a complete and emotional picture of who you are now and who you want to be. By increasing your self-awareness, you will find the inner strength

necessary to produce the desired behavioral change. As you see your new self, there will be gaps in behavior - you may not know how to deal with yet. What is most important to know about these gaps is that they are natural and to be expected. The gaps you begin to fill in as soon as you decide to utilize the creative process to its fullest in your visualizations. The action you are willing to take is most important. You can see you doing whatever you want during these times. It is your life, so be a fantastic architect and develop you to your fullest extent.

There may be a sense of loss that accompanies your visualizations.

The loss usually has to do with your fondness or familiarity with the old behavior and with your realizing the need to let it go to effect the desired change. This sense of loss is a natural phenomena and you and I go through it whenever a change happens in our lives. It is very important that you acknowledge and feel your way through it. There can be confusion as to how you will handle yourself in a certain situation not smoking, or in many situations not smoking. When these situations come up, particularly when you visualize, you can choose to rely on your creative ability to find a satisfactory outcome to the situation. It's important to always know that you choose to act and react the old way, no one at any time forced you into that behavior. You used your creative ability to develop one behavior, so do the same process and simply change the result. The saying, "It's as easy or hard as you choose to make it," is an absolute truth. You choose the thoughts you have about the level of easiness involved in any situation that you get involved in. It is important that you believe the philosophy that you have absolute control over your thoughts, actions, and reactions. This concept must be imbedded in your head. You really have to believe this idea before the idea can work. It allows you to become responsible for who you are. By owning responsibility for your actions, and accepting the fact that you have ultimate control over who you are, that puts you in a position to effect change. The change I'm talking about now is another message. The old message of how hard it's going to be for you not to smoke, can be replaced with this brand new message:

"Not smoking is the easiest thing I have ever done."

By choosing to repeat this message with regularity throughout the day, you can make a new a lasting impression on your belief system that will replace the old one. You have chosen a date to stop smoking because you love you. You see yourself as a non-smoker and you use your creative ability to get yourself through old behavioral pictures about you. Now, you reinforce them all with the statement "Not smoking is the easiest thing I have ever done." Notice that all

the action being taken is in your head - all the conflict is in your head because you're still smoking. You are constantly working on you, each day, to see, hear, and sense new information about you. This new statement should be used as often as you care to use it. I do suggest that the more it is used, the faster it will impress your brain and the sooner you will demonstrate the new behavior. Realize that whenever we deny something, we are affirming something else. So, in order to demonstrate an external change, we begin the process by effecting the change internally.

All these new messages you choose to give you allow you to be a non-smoker internally first, which is where it has to happen. You can begin to sense within you how you act, react, feel, smell, taste, dress, behave as a non-smoker. By going through the work internally first, by designing your new life as you want it to be, enables you to most easily flow naturally into a new behavior. You may realize that it is the inside change that makes for the external manifestation.

There is a flow from thought to action. This flow is demonstrated every day of our lives. You need to be aware of this law at work, see it, sense it, and flow with it. You do have the control. "Not smoking is the easiest thing I have ever done." Repeat it until you have demonstrated an action.

It's necessary also that you love you enough to take charge of your life. Self-love means being consistent in thought and action. This negates the conflict and allows for a flow. You do not smoke for others, so you will not quit for others. You must, I do believe, choose to quit for you. This is the only one who really matters anyway. Self-love also denotes the willingness to take charge of our lives, which enables you to drop excuses for not changing things about you. You want to change, i.e. - no procrastination. If you love you, really love you, then taking action on the exercises and the final demonstration of not smoking will easily happen. You have been demonstrating for the past weeks now the willingness to take charge of your thought life. You have given you messages you may not necessarily have believed but you allowed you to repeat them regularly. These actions all show that you can change at will if only you put energy into it.

Look now at the changes that have happened to you the last few weeks you have been involved in this course. How do you feel today about the new messages - are they as foreign to you? Do you feel more comfortable with them? Do you notice a difference inside you? Is it easier for you to tell you these new things about you than when you first started? These changes demonstrate the changes on the subconscious level and the changes have taken place. Like I said at the beginning, the subconscious does not know the difference between fact or fiction, it just accepts what you tell it and produces the results.

You have an automatic success mechanism built-in. This helps you keep on course and obtain what you have chosen to focus your attention on. Your singleness of purpose, of choosing to stop smoking, adds fuel to the emotional fire necessary to propel you to the successful completion of your goal. You create the whole scene, just as you want it to be. Know now that

you are the one in absolute control of your not smoking. It is up to you at all times. What is happening is you have begun to consciously take control of your life. You are in control. God gave us free will to use in whatever way we saw fit. What is going on is you are exercising your will in a different way. Instead of using your will power to tell you in thought, picture, and action that you can't not smoke because of the many excuses, you now have chosen to use your will power to tell you in thought, picture, and action that you choose not to smoke. You are not using any different energy. You are only redirecting the energy you now expend and are having it go in a different direction - it's a choice, remember?

As the new and different messages are daily repeated, then the behavior simply changes with no effort on your part. You follow the instructions and see what comes up for you.

CHAPTER 5

So far, we have gone over:

- Making a decision for a positive reason
Setting a goal you believe you can achieve
- Seeing you as a non-smoker and enjoying you in this new image
- Telling you that "Not smoking will be the easiest thing you have ever done."

All these new messages are now being backed with action. You have been taking action since you started reading this book by reinforcing the new behavior daily through thought. From this point on, you will now follow through by stopping smoking on the date you said you would stop smoking. By putting enough energy in the mental step, now the physical action of not smoking is a simple formality. You started the course with this purpose, didn't you - that you wanted to stop smoking?

How you believe about you, and what action you take on that belief is the driving force behind you. I want to be very clear on this principle. Get in touch now with the strength of the belief of you as a smoker - now, that of a non-smoker. Which carries the most powerful message? Why do you think that is so? Because it is the message that you tell you the most often. This is the message you take action on most frequently. To know which way it came out for you is very important.

If it is more prone to be still in smoking, then you know you simply have to take more time with the exercises. If it is stronger to see you as a non-smoker, then be assured that your psyche is believing the messages about you as-a non-smoker that you have been feeding it. The awareness, this self-awareness, continues to play a very important part in this whole change process. Now, it is very necessary that you get in touch with how powerful you are as a person. You need to realize now, as never before, that you are the shaper of your destiny. As you believe this more and more, and the only way you will believe it, is by telling yourself it as well as by seeing yourself in the solution. This idea, as you practice it, will transform your entire life. The singleness of purpose you have in regard to stopping smoking gives you the type of tunnel vision necessary for you to propel you to the successful completion of your goal. By seeing you successfully completing this tangible goal, and by feeding the solution daily as often as possible, by countering any and all defeating messages with solution messages that we talked about earlier, you will surely succeed. You get what you think about the most.

Since you have a choice in what you affirm about you, then continue to affirm that "Not smoking is the easiest thing you have ever done. I Affirm regularly that you are relaxed and at ease without a cigarette. That you are at your desired weight, that you have a pleasing and pleasant personality, that you have plenty to do with your hands, that you really enjoy being with you as a non-smoker. Affirmations are with you throughout the day anyway, so consciously choose more positive ones. Simply be the kind of person you want to be. You are in control of your habit, as well as your life. I think the most difficult part of all of this is to get you to see that the work is all in your head. I can show you how to build something, to mend something, etc. All these teachings deal with the tangible world. We are dealing with an intangible reality, that of your mind. The mind manifests its thoughts in the physical world and operates under the same laws as the tangible world but people don't seem to treat it the same. You can't easily see the changes in thoughts as they are developing. We can get tired of, or lose interest, because we don't have physical results to hold onto as quickly as when doing tangible projects. So, you need to understand, that the changes do, in fact, occur if you will work at and be patient until the result is demonstrated in the new behavior. The reason I go to today's behavior and compare it with the new behavior, is to let you see that you have used this process already. I am saying that you choose your reality today. You are not a victim or anything, You are cause of your life. So, if you are at cause, then effect the desired change at will as you have effected change in every other area of your life. Notice the time element for you to change any behavior of yours. Isn't it true that for some changes, the change happens right now, and for other internal changes, it seems we wrestle with them forever. I would suggest that for the easy ones, we are simply not that attached to the behavior, so it is no big deal to let it go. But, for the harder ones, we have to let go of a complete belief system - how we live our life, who we are with, how our house is decorated, what we think about, all the messages, endless, as to how we want to change ... But...

This "But" is the catch. As long as we use "But", then we are holding on to the old and refusing to accept the new. Be aware, you have learned how to counter the "But" and as you use the counter

messages and see the desired solution, then you can get rid of the "But's". This conflict is what makes books like these and others necessary. You see, we all get caught up in many ineffective belief systems and build a rationale around why we are the victim of the situation and how we would like to change but can't because... and so on. So, a book like this enables us to stop long enough and examine our behavior and through this process be able to choose to see how we can take action on the choice and develop the new desired behavior. The book has enabled you to stop and change directions. You decided you did not want to smoke. You are willing to stop the old mental and visual messages with new mental and visual messages. It is you who will finally choose to believe the new message about you that in regard to smoking, "Stopping is the easiest thing you have ever done." It is easy to, do, but it is initially hard to believe you can do it.

A lot of things in life are like this. The processes we talked about:

- Goal setting
- Decision making for a positive reason
- Visualization
- Creative imagination
- Action

are already in use in every area of your life. Remember, once you have identified an area in your life you want to change, decide what date you want to change it by, feel how intense you are about expecting the change, imagine you as the new type of person you want to become, then reinforce these messages daily. Put it into action. It is your life. You know you do have control and you are already exercising control in the present behavior.

The exercises are designed to give you another way of looking at an old belief system and putting a different belief system into play without you having to fight at all. The key seems to be in not

fighting. You are not required to believe the new information at first, just to see it and to say it. Simply allow the new belief time to be accepted. This is why the messages need to be seen and heard every day, why it is important to see yourself as a non-smoker enjoying yourself, to especially not judge you for smoking or not smoking or anyone else, for that matter. As the new, or different messages are daily repeated then the behavior simply changes with no effort on your part. All you need to do is do the exercises. Bring the mind and the body will follow. Follow the instructions and take what you get.

In a nutshell, what I am saying is, take control of your thought life. Your thoughts demonstrate themselves in actions. So, by constantly becoming aware of your thoughts, changing

the ones that do not positively benefit you, you will then demonstrate behavior in your life that will help you achieve any goal or idea you set your mind on.

CHAPTER 6

Guarantee.

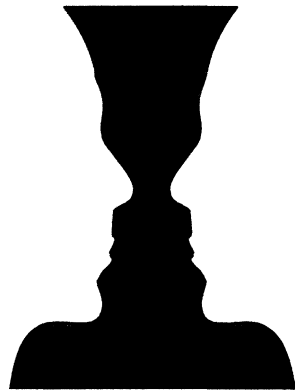
I guarantee you will never smoke again.

This guarantee, like all other guarantees has conditions that must be met:

1. You tell yourself and act on the choice – “You choose not to smoke.”
2. See yourself as non-smoker daily enjoying yourself.
3. Whenever, if ever you want a cigarette, do anything but light up.
4. Be aware of, and act on, all your alternatives to smoking.

“Being Smoke Free is easy for me”

1. Write down why your life will be worse off when you stop.
“I’ll be nervous, anxious, get fat, won’t be able to sleep, get bored, no one to talk with, won’t know how to be after dinner, in car, on phone etc.”
2. Write down why you think your life will be better.
“Health improvement, breathe better, save money, can be around non-smoking family members, socially accepted”.
3. What are you triggers for lighting up, chewing tobacco? “
Waking up, in car, with coffee, with alcohol, to break tension, stress relief, after sex, handle emotions”.



You looking at you

Smoking Cessation 10-hour CEU Program

Did you know?

- Lung cancer is the leading cause of cancer death in the United States.
- 102,232 died from drug/alcohol abuse vs 158,000 from Nicotine, it kills more people every year than any other drug.
- Lung cancer is the most common cancer in men and women combined after skin cancer.
- Lung cancer kills more than 158,000 Americans every year – more than breast, colon and prostate cancers combined.
- More than 222,500 people get diagnosed with lung cancer every year.
- 2 greats Walt Disney and Bill Wilson co-founder of AA died from nicotine related problems

Quitting smoking offers many health benefits

People who quit smoking greatly reduce their risk for disease and early death. Smoking cessation is associated with the following health benefits:

- Reduced risk of developing lung and other cancers.
- Reduced risk for heart disease, stroke, and peripheral vascular disease.
- Reduced respiratory symptoms, such as coughing, wheezing and shortness of breath.
- Reduced risk of developing other lung diseases, such as chronic obstructive pulmonary disease (COPD).
- Reduced risk for infertility in women of childbearing age.
- **Set a quit date.** The important first step is to decide when you want to quit.

• _____

The date can be now or later than now. You may smoke as much as you like until then. The difference is you will start the inner work of being tobacco free now by using visualization, reframing your triggers, breathwork.

Make a commitment to yourself that every time you think about, reach for, or take tobacco into your body you state one of the new ideas presented in this program or created by you in this program.

Continue to realize that at one time in your life you had no attitude or belief about anything associated with tobacco products.

You taught yourself, unconsciously, to believe the way you believe about tobacco, quitting or using, now you are consciously making a choice to accept a new chosen belief. New beliefs lead to new behavioral changes. The inner game of quitting to getting, stopping to start, ending to begin anew.

- STEP 2 of 6

• Calculate Your Savings

- An interesting process don't you think?
- **Enter how many cigarettes you smoke and how much a pack of cigarettes costs.** You will find out how much money you can save by quitting.

- I smoke about cigarettes each day.
- I spend about \$ on pack of cigarettes.

-

The financial benefits from quitting

- A pack-a-day **\$6.00 a day** smoker can save over **\$2,190.00** from quitting for one year. How about you?
- In 1979 I quit a **4.5 pack** a day habit and cigarettes cost **\$1.00 a pack** which translates to **\$ 5.00 a day, \$35.00 a week, \$140.00 a month and \$1,680.00 a year.**

- In today's market that is **\$30.00 a day, \$210.00 a week, \$840.00 a month and \$10,080.00 a year.**
- Yes, these are the numbers and may represent a reason to quit other than that they are simply interesting numbers.



• STEP 3 of 6

• Think About Your Reasons for Quitting

- **Choose your reasons for quitting smoking.** Knowing your reasons for why you want to quit can help keep you motivated and stay on track, especially in difficult moments.
- ☐ Live Longer and Healthier
- ☐ Save Money
- ☐ My Doctor Recommended Quitting
- ☐ Take Back Control of My Life
- ☐ Baby on The Way
- ☐ For My Family and Friends
- ☐ For My Pets
- ☐ So, I will not cough or talk like (mother, father, other family member or friend)
- ☐ Hard to Find Places to Smoke
- ☐ To Look or Smell Better

You can use the above in your visual imagery that you create as a desired outcome from being smoke free.



- STEP 4 of 6

• Know Your Triggers

- **Know your smoking triggers.** Think about what things seem to “make you” more likely to smoke.
- *Emotional Triggers*

- ☐ Stress
- ☐ Happiness
- ☐ Anxiety
- ☐ Excitement
- ☐ Anger
- ☐ Loneliness
- ☐ Sadness
- ☐ Boredom
- ☐ Relaxation

- *Everyday Triggers*

- ☐ Waking up in the morning
- ☐ Texting or talking on the phone
- ☐ Taking a break
- ☐ Working or studying
- ☐ Watching a show or listening to music
- ☐ Seeing cigarettes on TV, social media, or in ads
- ☐ Drinking coffee
- ☐ Walking or driving

- ☐ Finishing a meal

- *Social Triggers*

- ☐ Drinking alcohol or going to social events like a party or a bar
- ☐ Seeing someone smoke
- ☐ Smelling cigarette smoke
- ☐ Being around others who smoke
- ☐ Being offered a cigarette
- ☐ After sex
- Now use these triggers to “trigger” your new response, self-talk - “Being smoke free is easy for me” or “yes I used to react to that by having a cigarette, plug, vape **but** now it is a reminder of how grateful I am because being smoke free is so easy and effortless for me
- You have lied to yourself about many other things in life so lie to yourself about this until your lie becomes your truth.

- STEP 5 of 6

- **Cravings**

- **Choose how you will deal with cravings.** If you get an urge to smoke, changing what you are doing or where you are can make it easier to get your mind off smoking until the feeling passes.
-
- **When, a craving comes, I will:**
 - ☐ Breathe into the desire which assist me in letting it go.
 - ☐ Remind myself that being smoke free is easy for you.
 - ☐ Visualize yourself enjoying your life and experiences smoke free.
 - ☐ Drink a glass of water.
 - ☐ Take 10 deep breaths.

- ⌈ Remind yourself of your original goal and see it again and again.
- ⌈ Visualize from smoking enjoyment to the disappointment.
-

• **Step 6 of 6 – Tip for the inner act of smoking cessation**

- Come up with more ideas to do on your own. Keep doing new things and you will find what else works for you to remain smoke free.
- Remind yourself that there are 5,483,200 things you can do for this 1 thing you are abstaining from, choosing to be free from.
- Remind yourself that being smoke free is at the core of your nature. At one time in your life you had no association with tobacco only to develop the one you have now. It is extremely possible and normal to return to your natural mental state towards tobacco now

Hello this is a Smoking Cessation session on using Meridian Tapping

Rate your level of discomfort concerning your being smoke, chews, vape free on a scale from 0-10. 0 being no discomfort 10 being exceedingly difficult. Next notice where in your body you feel the discomfort. In our head, throat, heart, mid-chest, stomach, mid-section, thighs, calves, ankles, feet.

Now you have a physical and psychological connection to your discomfort. Remember these feedback points and levels of discomfort because after each tapping sequence you will rate again your level of discomfort and notice changes in the discomfort level. If the discomfort drops by 2 or more points keep on tapping another 2 sequences, then rate again the discomfort. If the discomfort does not drop by 2 or more points proceed to the "Collarbone" Breathing Exercise. Do this sequence one or two times til you notice the discomfort level moving down again. Then return to the 9 sequence tapping process again and tap til you get to a 0 level of discomfort.

Say to yourself out loud or simply repeat silently to yourself:

Karate chop tapping technique:

Even though I believe it is too difficult, very difficult, almost impossible to be smoke free and I've had these beliefs for quite some time and they always disturb me, interfere with my relationship with me and others and causes me problems. I'd like to be smoke free even though I don't know how to do that, I choose to be smoke free even without believing I can do that, I want to remove myself from this nicotine problem as fast as possible even if I don't know how to do that, my knowing or not knowing how to do something is never necessary for me to do it anyway. Being smoke free is a choice for me.

Tapping the tender-spot on the upper left chest:

I deeply and profoundly accept myself with all my problems stopping smoking, chewing tobacco, vaping and all my limitations, I deeply and profoundly accept myself with all of my problems stopping smoking, chewing tobacco, vaping, and all of my limitations, I deeply and profoundly accept myself with all of my problems stopping smoking, chewing tobacco, vaping and all of my limitations, even though I've had this problem and I thought and did things to hold on to the problem I now release myself from it even if I don't know how to release myself from it. I deeply and profoundly accept myself and all my limitation around this and other problems. I am acceptable whether I resolve this problem or not.

Tapping on top of the head the center of the head:

I'm willing to create a safe space within me for the perfect answer to come in, I have no idea when or how the perfect answer will come I just know that it will come and I hold this space open because space to receive the answer needs to be there before the answer or answers come in and I'm willing to see this space open to receive the answer/s from this point forward so regardless of how it shows up it has a space to come into.

Tapping the top side of the nose across the eyebrow:

I'm willing to be open to my intuition, that power within me and all human beings, that has the answer to questions long before they appear. I know that intuition is powerful, and it works. I am willing to listen to this small voice within me giving me the perfect solution to my smoking cessation, chewing, vaping dilemma whenever I am in a situation where I want or feel I need support in stopping these addictive destructive behaviors. Even if I do not know how to do this, I am willing to do it anyway.

Tapping on the side of the eye:

I forgive anyone, including myself, who has ever hurt or harmed me in any way me regardless of what they did or didn't do, what we/they were doing we/they were doing our/their best, it might not have been very good, but it was our/their best. I release us with forgiveness and love, I do this for my benefit, not theirs. I forgive whoever hurt me or harmed me in any way regardless of what they did or what they did not do regardless of their motivation. I release them for my benefit, not theirs. It does not serve me at all to hang on to anger, blame, rage, disappointment it only hurts me, and I let it go.

Underneath the eyes:

This has to do with anxiety and anxiety is believing that something in the future is going to happen even if I have no proof of it going to happen, I still believe it's going to happen and therefore I hold it in my mind as my mind is used to having anxiety about the future and the future is a time that has never existed, it never will exist just like the past has never existed and never will, they're both references in a time that does not exist, the only time that exists is right this very second, one ten-thousandth of a second, and its right now. I release my anxiety by living right now. If I catch myself in the fantasy of the past or future, I look at my feet and see that I am right here right now.

Tapping underneath the nose:

This is surface shame, shame as a belief there is something wrong with me, it's important that I understand that shame is always a lie, has never been true and there's never any proof that it was, it's simply a lie. I release myself from any shame that I may have had around being a smoker, chewing, vaping or any other issue shame is a lie that has never been true and never will be true and I released myself from Shame with forgiveness and love.

Tapping underneath the chin:

This is for toxic deep-seated foundational shame, regardless of how much shame I have, regardless of how deep this false foundation is, I'm willing to destroy this false foundation and since I created this shame based foundation I can disappear it, explode it, destroy it even if I don't know how, I'm no longer willing to live as if shame were true, I'm willing to end my limiting relationship to shame, self-doubt, even if I don't know-how. I am not sure what is under this foundation of shame and I am willing to destroying this foundation of shame, self-doubt, insecurity even if I don't know how and I do this for my benefit.

Tapping collar bone points:

I now release the toxic energy I have carried around about my smoking, chewing, vaping. I gather up and put this toxic energy attachments into these pipes I've created within myself to carry this toxic energy out of my body, down my chest, stomach, legs, feet and out of my feet into the earth so I don't step in it nor does anyone else step in it. I release all my negative, limiting attachments to this toxic energy that has held me attached to my difficulty stopping smoking, chewing, vaping even if I don't know what these attachments are, I'm still willing to release them so that I can be free of these toxic beliefs which are like sticky mud, tar nicotine and I place them in these pipes that I've created within me and let them go from the top of my head down to the bottoms of my feet and I place this sludge into these pipes so this toxic energy goes into these pipes so it does not rub off on me and I let it go down my body, down to my legs out of my feet into the neutral earth so I don't step into it and nobody else steps into it either. I am willing to release this toxic energy that I place in these pipes that go down my body down my legs out of my feet into the neutral earth so that I don't step in it and nobody else does either.

Tapping 4 inches under the armpit, a tender spot, on both sides of the body.

I now stand for me as a smoke, chew, vape free individual. I stand on my own behalf as being a smoke, chew, vape free person is my choice. I validate me because I am me. My validation comes from within me because I want to take care of myself, I now stand for me being free and I walk away from the destructive and limiting beliefs and attachments I've known about and did not know about.

Now take a couple of good deep breaths, rate your level of discomfort on your internal scale of 0 to 10 notice if it's gone up, down or remained the same. If it's gone down at all repeat the above tapping sequences two more times and then rate again the discomfort. Keep tapping (the 9 sequence tapping points) and rating the discomfort at the end of each 9-sequence tapping protocol) until the discomfort is gone or it is so low it doesn't register any discomfort.

Do the tapping on anything going on with you (triggers to smoke, chew, vape, anxiety, disbelief etc. in your life that is personally hurtful, shameful, or limiting to you.

Michael Yeager B.A., LCDC, C. Ht, CAS, CGRC, CTC

713-461-3279.

THE COLLARBONE BREATHING EXERCISE

©1994 by Roger J. Callahan, Ph.D.

This technique takes a few minutes and involves forty breathing and tapping exercises--twenty with the finger pads of each hand and twenty with the knuckles of each hand.

Locating Collarbone Procedure Points

The "collarbone points" are slightly below and to the sides of the notch in your collarbone (see diagram). To find them, from the base of the throat locate the notch in the center of the collarbone. Then go straight down about one inch and over to either side about one inch.

Breathing positions

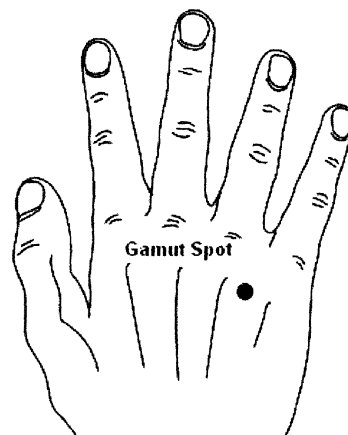
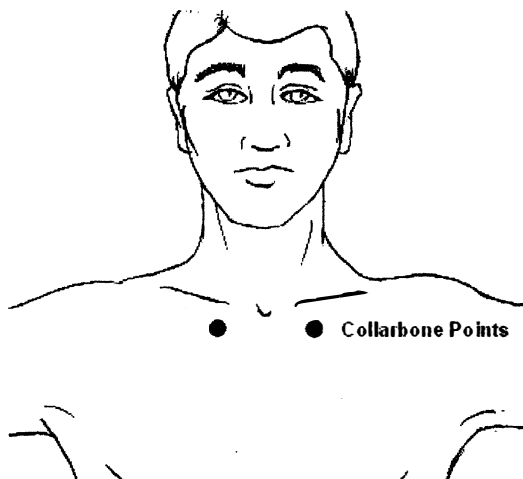
There are five breathing positions in this exercise:

1. Breathe normally for about five taps
2. Take a deep breath and hold it in for about five taps
3. Let half that breath out and hold it for about five taps
4. Let it all out and hold it for about five taps
5. Take half a breath in and hold it for about five taps

The Touching Positions (placement of hands)

- 1 Touch one of the collarbone points with the **pads of two fingers**, then tap the gamut spot on the back of the hand that is touching, while going through the five breathing positions. Tap rapidly, about five good taps for each of the five breathing positions.
- 2 Move the **same two finger pads** to the other collar bone point and repeat the five breathing positions while tapping the gamut spot on the hand that is touching, as above.
- 3 Now bend the **same two fingers** in half and touch the **knuckles** on the collarbone point while tapping the gamut spot and going through the five breathing positions.
- 4 Move **knuckles** to the other collar bone point and tap the gamut spot while going through the five breathing positions.
- 5 Now switch hands and repeat #'s 1-4.

Note: During this procedure, do not let your elbows touch the side of your body. Also do not let any part of your hand other than the two finger pads or knuckles touch your body (try curling the fingers not involved into your fist).





Tobacco Myths

Debunked tobacco myths to help you quit smoking

MYTH: It's too late to quit—the damage is already done

MYTH! Within 20 minutes of your last puff your lungs and body begin to heal. You will begin to reduce your risk for lung cancer, many other types of cancer, heart disease, stroke, and more. You will also begin to feel better and be able to do more things! No more coughing, wheezing, or shortness of breath slowing you down.

It is true that the longer you use tobacco, the more you hurt your body. But at any age, the sooner you quit, the sooner your health improves.

- Is what you know about smoking wrong?
- Facts About Quitting Smoking

MYTH: Exercise balances out the negative effects of cigarettes

MYTH! Nothing balances out the negative effects of cigarettes except to stop smoking them. Smoking will lessen your endurance and make exercise and other activities like dancing, sports, or hiking more difficult. Why make exercise and the activities you love less enjoyable?

- The Truth Behind the “Heathy Smoker” Myth
- Can you Exercise and Smoke?



TEXAS
Health and Human
Services

Texas Department of State
Health Services

dshs.texas.gov/tobacco

Tobacco Myths Continued

MYTH: Secondhand smoke bothers people but it's not dangerous

HUGE MYTH! Secondhand smoke kills. Since 1964, approximately 2.5 MILLION nonsmokers have died from health problems caused by secondhand smoke. There is no risk-free level of secondhand smoke exposure. Breathing the chemicals in tobacco smoke changes your blood's chemistry almost immediately. When you quit, you stop harming the loved ones around you. Learn the facts about secondhand smoke:

- [Secondhand Smoke Facts](#)

MYTH: It's expensive to quit smoking

MYTH! Quitting smoking is a proven investment! The average pack of smokes in Texas is \$6.69. If you smoke a pack a week, that's \$350 a year. Pack a day for a year? \$2,442! 150 pieces of nicotine gum will cost you about \$50. There also are FREE quit smoking resources, like [YesQuit.org](#). You may also get nicotine replacement therapy for free through your insurance provider.

MYTH: E-cigarettes are a healthy alternative

HUUUGE MYTH! E-cigarettes ARE NOT HEALTHY. Top brand e-cigarettes contain high levels of nicotine. When smoking e-cigarettes, you also inhale a dangerous aerosol. E-cigarettes and other electronic nicotine delivery systems are just a new kind of addiction. Want to know a few things that ARE true about e-cigarettes?

- There's a worsening youth e-cigarette epidemic, caused by kids getting addicted to nicotine in e-cigarettes.
- Non-smokers start smoking traditional cigarettes and tobacco products such as cigars and hookah because of e-cigarettes.
- People who have quit smoking tend to start smoking again due to e-cigarettes.

Sources can be found at <https://www.dshs.texas.gov/tobacco/RecommitSources>
Questions? Email tobacco.free@dshs.texas.gov



TEXAS
Health and Human
Services

Texas Department of State
Health Services

[*dshs.texas.gov/tobacco*](https://dshs.texas.gov/tobacco)

3.14 million Texans smoke cigarettes. Want to know more?

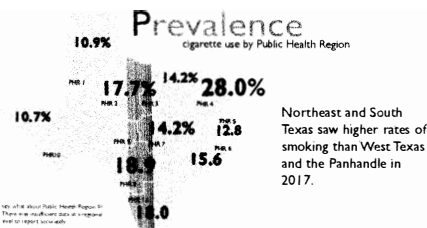


Texas adults
smoke cigarettes

11.3% high schoolers
3.7% middle schoolers

The U.S. Average:
17.1% adults
8.1% high schoolers
1.8% middle schoolers

Who's smoking in Texas?



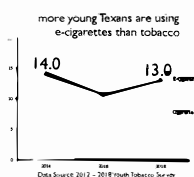
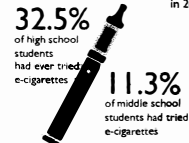
Race & Ethnicity



e-cigarettes

4.7% of adult Texans used Electronic Nicotine Delivery Systems in 2017.
For young Texans that number is much higher

e-cigarettes and youth in 2018



cost

Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including more than 41,000 deaths resulting from secondhand smoke exposure.



\$300 billion

Total yearly economic cost of smoking

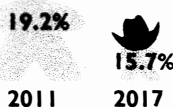
If you had 300 billion dollars, You would have to spend \$1,500,000 a day for more than 500 years before you would run out of money.

the good news

106 Texas cities have adopted comprehensive Smoke-Free Ordinances



Overall tobacco use in Texan adults has gone down



There were 126,381 Texas Tobacco Quitline calls in 2017, one for every four minutes in the year.

Smoking Cessation Program

Read all the paperwork first. Call me 713-461-3279 after you have read the material.

We will discuss you getting a volunteer to guide through this process.

Go over the steps in the written work you have read. Answer any questions you may have.

You will read again the written material.

Set up a time to meet with your volunteer. Go over the components for quitting. Explain what they must do for this to work. Take them through an EFT Tapping Sequence getting them to a 0 level of discomfort on doing the work outlined in my book. Giving them instruction on repeating the tapping sequence any time they feel uncomfortable while they apply the techniques outlined in my book.

Have them complete the paperwork found on the last page of my book.

1. Identifies why they still smoke
2. Identifies their hopes and aspirations for a tobacco free life
3. Identifies their triggers which they use now as triggers to state to themselves every time they are triggered "Being tobacco free is easy for me". They do not have to believe it just say it repeatedly til their mind believes it.
4. The mind is an obedient servant, it beings about what one thinks about.

Your sessions with your volunteer consist you using the 4 points above after you have helped them get relaxed. To get them in a relaxed state-of-mind:

1. Have them get comfortable breathing in through their mouth out through their nose
2. You make the statement "relax, you are going to go to a relaxed state of mind
3. Saying "you have nowhere to go and nothing to do, Relax and go deeper"
4. Now inform them you are going to count backwards from 0 to 3 and each count will help them go 10 times deeper- deeper than before.
5. 3 deeper and deeper
6. 2 going deeper than before
7. 1 relax and go deeper and deeper
8. Now at this deeper more relaxed state of mind project your self to a place that is safe and secure for you. Here you will listen me stating the suggestions you have made about the ease and effortlessness it for you to be smoke, chew or vape free.
9. Remembering that being smoke, chew, vape free is the most natural and foundational state of mind and body. Knowing that at one time in your life you had not opinions, ideas, or beliefs about cigarettes except that they stunk or made you cough. You had your

anxiety, fears, depressions, joys, excitements, relaxing times, and stress filled times all without ever thinking about any nicotine product. Being smoke, chew, vape free is normal and natural for you as is your aversion to these products.

Whenever you are triggered, reach for, think about, feel like, want, need to, desire to, crave to smoke, chew, vape you will use the phrase "Being smoke free is natural and normal to me. It is easy for me to be smoke, chew, vape free Now. I desire this and it is so.

Remember you have lied to yourself about needing to smoke and you lied to yourself until you believed it, now you are using the same process (speaking up to yourself) whenever the lie comes up about your hypnotic belief that you need a cigarette by interrupting that patterned response with a new truth filled response til this belief is believed again and incorporated. It is not even a new belief you are just dusting off the old original belief.