Exercises for QUIT SMOKING

READ&DO

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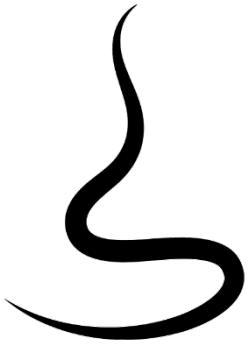

1 Basic modules

1.1 Goal: becoming a non-smoker

Think of a testimony

2 The five principles

2.2 Do you want to quit?

Sheet: Do you want to quit smoking?

I regret that I have been smoking for a long time.	
Five or ten years from now I will wish that I had stopped smoking now.	
I've already stopped several times and started again.	
I think that my role as an example for young people is more important than the 'pleasure' of continuing to smoke.	
I feel that the "pleasure" of smoking is mainly a symptom of addiction.	
Others think I should stop. This is the cause of tension between the people I love and me.	
I often am sorry after I smoke a cigarette.	
I smoke an average of more than 10 cigarettes a day and know that this is bad for my health and well-being.	
I am sorry that I feel like "an addict".	
If I could spontaneously choose between being a smoker and being a non-smoker, I would choose the second.	

What's your opinion on this statement?

"An attempt to explain one's addiction as something different is a symptom of the addiction itself."

2.4 The trap of smoking

Asking for memories

Go back in mind to the time you started to smoke. Do you realize that it was a trap then? Would you now like to walk into that trap again?

Important: Do you feel now that you are not free in this prison?

You want to escape from it, but where is the exit?

How would you protect children against this trap?

- By banishing cigarettes.
- By showing this slide in schools and discussing it.

2.6 The mechanism of the nicotine-lever

Why is the speed nicotine -> brain so important, according to you?

2.7 The cycle of addiction

Which part of the cycle is, in your case, most powerful according to you

2.8 The fight against yourself

The certainty that attracts from the future

Be kind to yourself

2.9 Two ways to stop

Experiences of having quit smoking

2.10 (Auto-)suggestion is more powerful than the will

Do you have examples of how the 'power from inside' can be higher than just conscious, intentional willpower?

2.11 The GWSM

What does 'success' in the case of a smoking cessation mean to you?

2.12 The end is the beginning

Do you see where the difference lies?

2.13 Certainty before action

Do you have any experience with (a) failed stop attempt(s)?

2.14 Certainty during action

Did you previously experience a relapse as a failure?

2.15 Become a non-smoker

Who would 'oblige' you to smoke?

The difference between an ex-smoker and a non-smoker

2.17 Not guilty for your smoking behavior, but responsible

Not guilty, but responsible: do you agree with this statement?

3 Some noteworthy things

3.2 Nicotine replacement

Do you know any other advantages or disadvantages of nicotine replacement?

3.3 Withdrawal symptoms

Keep this goal in mind now and then: stop smoking with minimal withdrawal symptoms.

3.5 Again that first cigarette

Do you want to say something about the experience of lighting that first cigarette once again?

3.7 Motivations

The non-conscious is a little sensitive to negative motivation.

3.9 Not smoking anymore, yet not gaining weight

Stopping smoking and (still) not gaining weight

4 Working on deep motivation

4.1 The stop date

Feel the 'last cigarette.'

4.2 Potential benefits of smoking behavior

The possible benefits of smoking behavior

Benefit: " My stress resistance increases by smoking a cigarette."

"Unmasking":

Benefit: "improvement of concentration"

"Unmasking":

Benefit: "Smoking is pleasant."

"Unmasking":

Benefit:

"Unmasking":

Benefit:

"Unmasking":

4.5 Being certain

Focus your attention on certainty for a while and then wander off with your thoughts.

4.6 Lived-through motivation

Your lived-through motivations

Motivation: Having a fresher breath

Meaning(s):

Action plan:

Motivation:

Meaning(s):

Action plan:

Motivation:

Meaning(s):

Action plan:

Motivation:

Meaning(s):

Action plan:

4.7 Be receptive to symbolic values

Think about possible symbolic values of a cigarette

Symbol Value:

attention to myself

Associations with this:

Real value and alternatives:

Symbol Value:

freedom

Associations with this:

I smoke when I want to.

Real value and alternatives:

Symbol Value:

instant fun

Associations with this:

It is always at hand.

Real value and alternatives:

Symbol Value:

self-control

Associations with this:

By smoking a cigarette, I kind of control how I feel.

Real value:

4.10 Back to the beginning

Convince yourself of then with your 'testimony' of now