



MIND MATTERS®
HYPNOSIS CENTER, LLC

Smoking Cessation Homework

Congratulations on your decision to become a non-smoker. Please complete the following homework as soon as possible so that you will begin your process of quitting even before you come in for your session.

- 1) Consider switching to a “natural brand” of cigarettes to ease any withdrawal symptoms and begin to disconnect from your brand.
- 2) On a piece of paper that will fit into the sleeve of your pack, make a list of all the things that you HATE about smoking. E.g. yellow teeth, bad breath, smell, cost, cough, low energy, etc. Put it in the sleeve of your pack and read it before you light up.
- 3) Make another list of all the benefits that you will receive as a non-smoker and list them on the other side of your pack and read it when you’re done smoking.
- 4) When you are smoking—just smoke. It is only a few minutes of your time, and it is important for you to become conscious of exactly how cigarettes smell, taste, and feel. So, no driving, no talking on the phone, no working on the computer—just smoking. And, do not hold your cigarette, put the cigarette down between puffs.
- 5) Get a calculator and figure out how much money you have spent on cigarettes and cigarette-related illness since you started smoking. Then, figure out how much time you have spent since you started smoking. Make a list of three things you would have rather spent that money and time on.
- 6) Have your last cigarette a half-hour prior to your session and announce to yourself and to that cigarette that “this is my last cigarette. I am now a nonsmoker and will be a nonsmoker for the rest of my life. Cigarettes you are no longer in control of me. I’m in control of me –my thoughts, my actions, my health and my money. I am a NON SMOKER!!!!”
- 7) Bring your homework and any remaining cigarettes or lighters with you when you come. You will be a non-smoker when you leave the Center. **Congratulations!!**

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