

You can learn self-hypnosis easily by practicing along with me.  
(Pause briefly)

With self-hypnosis you remain as aware as needed and easily respond.  
When your eyes are closed, you readily open your eyes . . . if needed.  
You are always safe practicing self-hypnosis.  
You simply take care to stay safe.  
(Pause briefly)

Please sit comfortably now and with your hands and feet resting apart.  
Being in that more open position safely makes more openness to truthful suggestions.  
(Pause about 10 seconds)

Check your shoulders and arms. If tense, pull your hands back to be more at ease.  
(Pause briefly)

Please look upward now and see or imagine a spot on the ceiling in front of you.  
(Pause about 10 seconds)

Now lower your chin just as far as you can and comfortably and still see that real or imagined spot on the ceiling in front of you.  
(Pause about 2 seconds)

Avoid TRYing to keep your eyes open – but allow your eyes to close – to safely turn your attention more inward.  
(Pause about 2 seconds)

Please quieten your own thoughts, your thinking, as much as you can.  
Think instead of what I ask of you.  
(Pause briefly)

Now take 3, 4 or more deep slow breaths – breathing deeply and breathing slowly and give your eyes that good opportunity to close.  
(Pause about 5 seconds)

It helps to breathe in deeply, slowly through your nose and breathe out slowly through your mouth.  
(Pause about 5 seconds)

Continue now to breathe deeply and slowly . . . in through your nose and out through your mouth.  
(Pause about 30 seconds)

You have more self-confidence, comfort breathing this way . . . now and in the future.  
You take in safely – now and in the future – ALL that you need – MORE than you know – to stay FREE of nicotine.  
(Pause about 2 seconds)

Now, please roll your eyes downward – roll your eyes downward just as far as you can and comfortably.  
(Pause about 10 seconds)

Let your eyelids follow downward – all the way down.  
(Pause about 2 seconds)

Look down now through your eyelids and toward a place near your heart and comfortably . . . a place within you that I identify as capable and caring.  
(Pause about 5 seconds)

When the truthful suggestions that follow end or before you can open your eyes and stay even more confident and encouraged to listen again.  
(Pause about 10 seconds)

When your eyes are closed and closed comfortably as the truthful suggestions begin . . . that will confirm the willingness of your terrific quick interpretive thoughts to follow along.

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### Track two contents - Truthful Suggestions

(Note: Words and letters in all caps indicates placing more emphasis. Words in parentheses are said more softly. Added space between suggestions indicates pausing a little more. Correct punctuation and grammar are less important than what's safely suggested.)

- \* "By listening to these truthful suggestions, you say them to yourself with the powerful effect that safely makes what's needed to simply stay FREE . . . free of smoking, dipping, chewing, patching nicotine.
- \* "Hearing or saying these facts that follow has that simple but powerful self-suggesting effect."
- \* "Please begin now ..."
- \* "You get the proof you need to believe, to be and stay sure this helps by daily doing this simple 7 program to make it your simple 7 program to be and stay free of nicotine."
- \* "About as often daily and at those times you used cigarettes, dip or chew before ... smelled butts ... simply you say to yourself 'this helps, this helps, this helps,' when distracting, comforting yourself with clove, taking deep slow breaths and when convenient and you remember to breathing in counting 5 to 1 and breathing out counting 5 to 1, avoiding discussions or talking about smoking or stopping to simply avoid too much trouble of any kind ... staying free."
- \* "Even when unknown to you, you can think about, imagine, a gauge like the fuel gauge on a car. Your 'freedom gauge' has numbers from five to one. The number one represents being emptied, entirely free, of any willingness to use nicotine. With each deep slow breath taken, you think of the pointer on that gauge already at the number 'WON' or moving down closer and closer to the number one ... until there at or close enough to one and locked with a padlock in place ... at the number one."
- \* "Please breathe in this special way NOW and imagine ..."
- \* "When you breathe in a special way - IN through your nose and OUT through your mouth - count slowly from five to one and think about the pointer of your 'freedom gauge' and locked in place close enough to the number 'WON,' you are UNwilling to suck smoke or dip, or chew nicotine gum or patch."
- \* " You refuse to think of smoking as a habit. Truly, it is dependence and so serious."
- \* "You are in the lifesaving recovery from nicotine dependence ... free of 'butt-smelly suckers' and any unsafe replacement for inhaling dirty smoke."
- \* "You have, IF needed, a simple way that safely overcomes what can only be false hunger for sweets (sugar) and unhealthy overeating."
- \* "See, love works."
- \* "You keep control by taking responsibility. That means focusing on, paying attention to, what you can do now or soon — such as thinking about what's recommended here – instead of blaming yourself or anyone or anything else."
- \* "Thinking of yourself walking a pleasant path – shining a circle of light from a flashlight on your path – and paying attention to what's just ahead of you close to your feet – taking manageable steps – making this simple enough. You keep from looking too much behind or too far ahead on your path."
- \* "To be more comfortable, confident and stay that way - at other times - you imagine, think about walking that path leading to lasting and safe freedom and keeping your light close to your feet."
- \* "Even when unknown to you, you avoid the hidden or obvious temptation (sabotage) from anyone to suck into your lungs butt smelly smoke. Instead, you do what's in your better interest."
- \* "For sure, you have courage. You have courage when anyone tries to discourage me. You have courage."
- \* "IF ever wanting to ... you are UNwilling to suck, dip, chew or patch the most deadly dope, nicotine."

- \* "You promise to keep, for at least the first 3 weeks, whole cloves with you and keep zero, no, nicotine and at those times and in those places you more often smelled butts before you distract, comfort yourself with whole clove."
- \* "You promise to always keep in your wallet a piece of tin foil with cloves in it. That is your emergency foil pack to use IF ever again tempted to suck butt-smelly smoke, dip, chew or patch nicotine."
- " IF you need to, you can imagine a loving, clean, cool but energizing mist that safely surrounds you."
- \* "Even when unknown to you, later you breathe and absorb that clean, comforting, energizing mist."
- \* "You refuse to give up your freedom from sucking dirty smoke, dip or chew."
- \* "Any poison, deadly dope, nicotine is always too much, and undeserved."
- \* "You are unwilling not willing to suck butt smelly smoke or dip, chew, or nicotine patch."
- \* "You are rid of ... you are free of the cigarette, dip, chew patch - sucking that hurt and threatened more than you."
- \* "You are a winner and not a sucker and deserve much better than sucking dirty foul-smelling smoke."
- \* "The people who ... activities that depend on you or will some day also deserve far better."
- \* "You are - even if you sometimes wonder - far more a winner than a quitter."
- \* "If ever you mess-up ... you refuse to give up."
- \* "You deserve far better than so-so or moderation."
- \* "Little wonder 'just some,' so-so 'sucking on stinky butts' was and will be entirely beyond you."
- \* "You and the children or other people you care about deserve far better than average futures."

Please do the following now

- \* "When you breathe in a special way - in through your nose and out through your mouth - count slowly from five to one and think about the pointer of your 'freedom gauge' at and locked in place close enough to the number 'WON,' You are entirely UNwilling to suck smoke or dip, or chew or patch ever again."
- \* "Any 'stinking, smelly smoke sucking' is too much."
- \* "Any 'playing in the highway' that is smoking is too much."
- \* "Liking to play there or not, no matter what, you refuse to play in the smelly smoke-sucking street."
- \* "Sucking into your lungs, mouth, stomach or skin any deadly insecticide, nicotine, is always too much."
- \* "You absolutely refuse to allow the likes and dislikes of even this wonderful but too young part of your brain or personality to be in charge of your life this way."
- \* "Would you let a youngster dress you? You refuse to let one control what you look like, smell like, and decide the futures of those people you do or will love and need you."
- \* "With affection, you refuse to let the likes and dislikes of a teenager -like part of you decide what your future will be."
- \* "Thinking of yourself walking a path - and giving attention to - what is just ahead of you and taking manageable steps makes this simple enough. You keep from looking too much behind or too far ahead on your path to lasting freedom."
- \* "You keep control by taking responsibility - focusing on, paying attention to, what you can do now or soon - instead of blaming yourself or anyone or anything else."

- \* "You simply say 'this helps,' satisfy and distract yourself by tasting clove, take deep slow breaths to relieve stress or any possible trouble of any kind and without having to suck foul-smelling smoke."
- \* "You can and will relieve any possible stress without risking your health and the futures of children who need you or will some day."
- \* "Craving for the insecticide and drug, nicotine, is something other than real hunger for 'body fuels' (food and drink)."
- \* "You have, IF ever needed, whole clove with chewing gum that simply, safely deals with false hunger and prevents excess eating."
- \* "You avoid, with love, substituting alcohol or any other drug for the drug, nicotine."
- \* "Real deprivation or going without is going without the health required to care for someone or a pet you love now or will some day."
- \* "Real deprivation is going without looking healthy and feeling better."
- \* "Real deprivation is keeping the guilt and untrue hurt feeling about yourself from sucking on smelly, stinking butts."
- \* "Temporarily reducing caffeine further promises staying calmer and even more comfortable."
- \* "Chewing gum with some clove in it ends false hunger or any other unsafe replacement."
- \* "You are free of the insecticide and dope, nicotine, that also threatened everyone you care for or will love."
- \* "You are in recovery ... recovery from nicotine dependence (addiction), as you are free of 'smelly butts' (cigarettes, dip or chew) and any unsafe replacement for 'sucking smelly smoke' or dipping or nicotine chewing or patching."
- \* "Being in recovery, you more deeply, thankfully realize that your dependence on the dope nicotine is serious and something far more dangerous than any habit or bad habit."
- \* "You are an adult and so stay free of the 'sucking smoke' that hated your guts ... made you look foolish and made you stink."
- \* "Any insecticide smoke sucking is too much."
- \* "You are much more a winner. Little wonder you had trouble quitting or considering it."
- \* "By staying in your recovery, entirely free of nicotine, without harmful replacing you avoid your resisting, pushing back, that ha'p'orth and those people who do now or will depend on you."
- \* "The more you think of the word, 'free,' the easier it will be." "The more you think of the word, 'free,' the easier it will be."
- \* "Free of the drug, nicotine, you are a more accurate example to people who look up to you."
- \* "You refuse to even TRY to suck smoke, chew or patch nicotine."
- \* "Rid of the drug, nicotine, you do what's in your better interest even if it might please some person or group that pushed you."
- \* "Individuals and groups who truly care and deserve your attention treat of with respect."
- \* "Now, you give yourself the caring and respect you truly deserve."
- \* "A terrific but teenager-like part of you might try defying, pushing back against, some authority that is undeserving of your effort. Instead, you protect your health and happiness – free of the most deadly dope."
- \* "You refuse to give in to the subtle or obvious temptation from anyone to suck on a smelly, stinking butt . Now, you do what's in your better interest. You are worth any effort."
- \* "Even when unknown to you, you do much more and only what safely works to keep your lifesaving nicotine sobriety that also

protects the people you do now and will love."

\* "Simply you say to yourself 'this helps, this helps, this helps,' when distracting, comforting yourself with clove, taking deep slow breaths , and when you remember to, counting 5 to 1, avoiding discussions or talking about smoking or stopping to simply avoid too much trouble of any kind ... staying free."

\* "See, love works."

\* "You promise to keep, for at least 3 weeks, whole cloves with you and keep zero, no, nicotine and at those times you more often smelled butts before you use whole clove much as you did butts, chew, dip or patch the dope before."

\* "You hold the clove repeatedly put the whole clove to your mouth each time, you wet the stem of the clove and taste it while taking deep, slow breaths in through your nose and out through your mouth, when convenient to, counting from 5 to 1 breathing in and from 5 to 1, breathing out."

\* "Soon, doing that safely substitutes for the sucking smoke that threatened your life, your health."

\* "If ever drinking alcohol, you take extra care to use the whole cloves with special breathing."

\* "A real treat ... treats well you and treats well all that depends on you."

\* " A true reward has a rewarding effect now ... and later."

\* "You promise to always keep in your wallet a piece of tin foil with cloves in it. That is your emergency foil pack to use if ever again tempted to suck smoke, dip, chew, or patch."

\* "Now in healthy recovery, you more deeply, thankfully know that dependence on nicotine is much more, far worse than any habit."

" IF you need to, you can imagine a loving, clean, cool but energizing mist that safely, lovingly surrounds you."

\* "Even when unknown to you, later, you breathe and absorb that comforting, energizing mist."

\* "You keep the proof you need to believe, to be and stay sure, this helps by doing this simple 7 program to keep it your simple 7 program to be and stay free."

\* "If closed, when ready to, you easily open your eyes safely and as alert as needed and to remain FREE of the insecticide, nicotine."

\* "FREE."

By Doctor Richard Terry Lovelace.