Your Simple 7 Hypnosis Triggers

Please keep firmly in your mind that the goal that gives you success is for you to be unwilling to use nicotine . . . even if the "teenager-like" part of you likes to or wants to suck smoke. You are sure to accomplish that by doing your part. That means doing the following for all of the next 21 days (3 weeks) and doing them instead of sucking (or dipping, chewing, patching, snorting) the deadly insecticide, nicotine. Taking any poison at all ever is always too much and entirely undeserved. You deserve better!

1. If you haven't already, get rid of all nicotine you identified as yours. Simply flush it, throw it in a dumpster somewhere or give it to someone you hate. :-) Then begin to do the remaining six triggers. IMPORTANT: Avoid doing them if you are still using any nicotine. Also, avoid doing them if you ever go back to using any. Continuing to use the simple triggers, you would weaken them - so they would be unlikely to help, a little later.

2. When you think about it, avoid certain words as much as you can. Those "quitter quote" words are:
   - "quit"
   - "give up"
   - "stop"
   - "habit"
   - "tobacco"

   Instead of those, substitute words like:
   - "free" — For example, "I am free of the poison nicotine that also threatened everyone I care for or will love someday."
   - "rid of" — "I'm rid of the killer of my brain cells, nicotine, and for good."
   - "sucking butts" — "Instead of a habit, it's sucking butts (cancer sticks, dip, patch, gum, snort or chew). I and the people who depend on me deserve far better!"
   - "nicotine," "insecticide" or "dope" – "Nicotine is the killer (actual problem) . . . NOT the plant." "Nicotine is an insecticide that I'm rid of . . . thankfully in recovery from." "Nicotine is a highly addictive and deadly dope." (Indians in South America put nicotine on blowgun darts and use it to kill small animals. Only a tiny amount swallowed by a small child will kill her.)

   The words we commonly use reflect attitudes. Purposefully and persistently substituting with different words snuffs-out, extinguishes, sufficiently weakens the hurtful and unknown (not your fault) 'butt-attitudes' or 'nicotine notions.' Forty years of doing this work clearly says that the "substitute words" are extremely important because they cancel-out the hidden from you "teenager" (inexperienced but thinks it's already grown) notions part of the human personality that encouraged your starting and continuing the deadly dope nicotine. Please remind yourself: You are unwilling to have the "likes" and "don't like(s)" of even a wonderful teenager in charge of your future and the futures of everyone and everything that does or will need you! You wouldn't let a teen dress you . . . decide what you look like. Keep from letting one decide what you smell like and how comfortably and long you live.

3. Please be sure to keep a spice called "whole CLOVE" with you and use it as a nonfattening, very safe and temporary substitute for nicotine. It works even if you don't like it. Have plenty of CLOVE with you always and repeatedly use it – again, for at least the next 3 weeks. Whole clove is the spice used in cooking and as a breath freshener. You find whole clove in the spice section of any grocery store.

   About as often as you sucked smelly butts before, take out a whole clove and as you do sometimes say to yourself, "This helps. This helps. This helps." You don't need to say it aloud or even be sure about what you mean by saying "this helps." Just be sure to say it repeatedly (2 or more times) to yourself as often as you remember to when you put the stem of a whole clove to your mouth. Avoid worrying about it if you forget to say the words. It still works and powerfully.

   Use the whole cloves much as you did butts (cigarettes) before. Hold the clove in your fingers much of the time. Repeatedly – at approximately the same rhythm or pace you put the insecticide-loaded butts to your mouth before – put the clove there, wet it and suck just a little before taking it away. Because drinking alcohol can temporarily cancel-out benefits of hypnosis, be sure to use clove if drinking alcohol.

   If you dipped or chewed the dope, nicotine, before, chew part of a whole clove into some sugarless gum or sugarless bubble gum. Only chew occasionally. Mostly, let it rest in your mouth.

   "If ever needed supply" foil pack: Please be sure to put my name and phone number (see below), along with two or three cloves in some aluminum foil; flatten it and slide it in your wallet. Then if even years later you find yourself tempted, you will take a clove from the foil and use it with the deep slow breathing (described below). If that doesn't put you back in control, please call me.

   People have asked this program's author, "That's right much effort using the clove that way, and besides, wouldn't that look kinda silly?" Intending zero disrespect, he answered with, "It's no more effort than sucking (dipping, chewing, patching) nicotine and that was poisoning you. Using the clove is temporary and you look far less unusual than when you sucked foul-smelling butts."

4. As a substitute for any possible needless snacking or "junk food" eating, at those times chew about one-half of a whole clove into some sugarless gum. Only chew occasionally. Primarily let the gum — with clove in it — rest in your mouth. Please don't eat the cloves. They have been recommended to many thousands of nicotine users and the author of this program never heard that they hurt anyone. But there is no need to test it by eating cloves.

5. As often as you can remember, when you put a clove to your mouth to wet and suck a little on the stem take at least two consecutive breaths in a special way. Breathe iN mostly through your Nose and do it to a slow count of five. But count backward, "five ... four ... three ... two ... one." Hold each consecutive (one after the other) breath just a moment and then breathe OUT, mostly through your mOUTh, to another slow five-count. Again, do a countdown from five to one.

6. Listen to Tracks 1 and 2 together on the "Simple 7" audio every day. Do that one or more times a day, depending on how well you're doing. Avoid listening to Track 1 when driving or doing anything else that requires your attention or your eyes open. Listen to all or part of Track 2 anytime . . . such as while driving. Still, take extra care to stay safe when listening. Track 3 is a supplemental recent version of Track 2.

7. This sneakily promotes using nicotine: You personally engaging in conversations talking about nicotine (sucking, dipping, chewing, patching, snorting) even including what's working to stay free. That's some of the reason why there are hardly any "AA--type" programs for former or current nicotine users. As much as you can and are willing, avoid talking to anyone (other than your medical doctor or me) about sucking butts (dipping, chewing, etc.) or being free from doing it. Keep from telling about how well you are doing and what you're doing that's working for you to stay free. Do that for at least the first three weeks and much longer is best.

   If after 5 days from being seen, you're ever seriously tempted to "suck-butt" (use nicotine any at all), CALL ME first and keep your promise that you'll avoid all butt-sucking (dipping, chewing, etc.) at least until after we talk. My phone number is _____. If I don't answer, leave a message. Again, keep the agreement with me that if ever seriously tempted to use nicotine you'll talk with me first. Maybe you will mess-up sometime but you can always do so later . . . after talking with me. Then call me and talk again later if you feel the need.

   Like yourself instead of smelly butts. You and those who do now or will depend on you deserve any possible effort.

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