

[You're at that point in ego strengthening where you can add custom suggestions]

### **Wayback Machine**

So, I want you to imagine yourself standing in a hallway...

Above you is a timeline that stretches all the way back to your birth and so far into your future that you cannot see the end of it.

Good.

Now reach above you and take hold of the timeline sliding into the past to the very moment when you had your first cigarette.

It's okay if you don't remember the first cigarette, you can just imagine the scene for yourself.

Now, make a short 10 to 15 second movie from it.

Start the movie with you getting that first cigarette into your hand.

And end the movie right at the moment when you are about to take your first drag on your first cigarette.

Good.

Now, relax. Rewind the movie to the beginning.

When it's back to the beginning just raise your index finger on your right hand.

(client raises index finger)

Good.

Now you can rewrite the script of this movie. In your new movie you are going to make a new decision about smoking, all the way back there in the past now. [Hypnotist: "past now" is not an error, say it just that way]

Rewrite the script so that your new decision is to eliminate smoking from your life going forward so that when the cigarette is in your hands and before you raise it to your lips, you crush it, or throw it on the ground and stamp on it. Destroy the cigarette in whatever way you choose to signify your decision to live safe from ever picking up a cigarette again...

Good.

Now Run the new movie forward from the beginning to the end. When you reach the end just raise and lower your index finger on your right hand.

[Client raises finger]

Good.

Now reverse the movie and run it again 3 more times. Reverse it and run it, reverse it and run it, reverse it and run it. When you've played the movie 3 times just raise and lower your index finger on your right hand.

[wait for client to raise index finger]

Perfect! Now, I want you to take hold of the timeline and slide along it returning to the present moment remaining in hypnosis.

Good...

[Now move on to Door to the Future]

### **Door to the Future**

Now imagine there's a door in front of you. The door is closed but, in a moment you're going to step through the door.

I'll tell you first what you will see when you get to the other side.

You see, this is a door to your future. It could be 1 week in the future, 2 weeks, 1 month, even a year. It's as far into the future as you choose.

And in this future moment you will be there celebrating your success at remaining safe from ever having to pick up a cigarette again with all the people in your life that you choose to have there with you.

Now, I'm going to count to 3 and the door will swing open and you'll step into your future.

1..... 2.... 3....

Stepping through the door and there your future self is with everyone celebrating your success!

Now is your opportunity to greet each person, shake their hands or hug them as appropriate and thank them for their support in reaching this goal!

Go ahead and do that now.

[wait about 15 seconds]

Now of course you come up to yourself of the future. Congratulate yourself at this time on having fully achieved your goal of remaining safe from ever picking up a cigarette again.

Now, this is your opportunity to ask yourself of the future any question you have about how you achieved this goal and receive an answer.

So... go ahead and ask your question and receive your answer. When you have the answer just raise your index finger on your right hand.

[wait for client to raise index finger]

Good...

Now, I want you to know that you and your future self are 1 and the same person. So go ahead and step inside your future self, and collect all the success, energy, and confidence you need to make this change a reality today. You have some time to do this so go ahead and step inside yourself of the future now...

[time clients for 1 minute either by counting or watching a clock or watch with a second hand]

Good. Now having gathered all the success, energy, and confidence you need to remain safe from ever picking up a cigarette again, go ahead and step outside yourself.

Great! Now let everyone present know that you are right there implementing this change and will see them all very soon! Thank them once again for their support.

[short pause]

Now in a moment I will count from 3 down to 1 and you step back through the door into the present moment, remaining in hypnosis, bringing with you all the success, energy, and confidence you need to make this change a reality in the present.

[short pause]

3... 2... 1... Stepping back through the door, the door behind you is closed and you have brought with you all the success, energy, and confidence you need to remain safe from ever picking up a cigarette again.

Good.

[Finish ego strengthening script, add any other custom suggestions you might have or not then move on to Clean House]

### **Clean House**

Now, I want you to go deep inside your mind. Into a room inside your mind as though it were a room in your house.

This room contains all the remnants of the smoking habit.

So get a broom, a dustpan and a trash can and clean this room up.

Clear out all the remnants of your smoking habit and bring it into the middle of the room.

Then put all the remnants into the the trash can.

Good....

Now take your trash can out to the where your trash get's hauled away and leave it there.

Step back a few feet and look to see the refuse truck arriving.

Now just watch as the truck pulls up and the person collects your trashcan and tosses it into the back of the truck. Then he works the levers and the large door comes down and pulls the trashcan and all the smoking remnants inside the truck.

Good.

Now as the truck continues down the street, just wave goodbye to the smoking remnants until you can no longer see the truck.

[Pause]

Now, go back inside, into the room you just cleaned up and redecorate to be a relaxing safe space for you to spend time in. Make it look exactly the way you'd like it to be. With furniture, window treatments, pictures on the wall that have positive meaning for you.

Great... You're doing really well...

Now you can close your eyes and enjoy this room in your mind anytime you need a relaxing space to be in...

[Pause]

[continue with the next segment of your hypnosis session. Now is a good time to teach self hypnosis.

After that, I usually ramble about the main suggestion, and ask the client to enjoy the last few moments of hypnosis like this:]

So, just enjoy these last few moments of hypnosis, no need for you to pay attention to my voice or the work your subconscious mind is doing on your behalf... Just know that you subconscious mind is at work arranging everything perfectly to keep you safe from ever picking up a cigarette again.

And in a moment or two, I will be counting from 1 up to 5... [finish hypnosis]

1. ...
2. ...
3. ....

Here's how I do the double bind:

4. Your eyes remaining closed until you know your subconscious mind has carefully arranged everything perfectly so you remain safe from ever having to pick up a cigarette again.
5. Opening your eyes and coming back into the room