



Welcome!

Thank you for shopping with us and we are excited to have you as a customer at JodiClarke.com.au.

On behalf of all the staff and myself, it is our privilege to officially welcome you to our Quit Smoking Program.

The purpose of this kick start guide is to prepare you for your quit date by retraining your mind while making you aware of your unconscious smoking habits all while you still have permission to smoke. When we are aware of our habits and behaviours, it is only then can we go about changing them.

The main objectives of this guide is to bring all the habits out of the unconscious mind, where habits are stored, and into the conscious mind, making you very aware of your smoking habits. Then we can go about making permanent changes around your smoking, prepare your mind to quit and improve your health and wellbeing. The format of the program has been specifically designed to achieve these goals.

This simple guide uses Neuro Linguistic Programming Techniques to change your Neuro path ways from negative to positive in a clever and non-resistive way, making your chances of success even greater!

We hope you enjoy your new journey into your new life of health and wellbeing.

Kind Regards

Jodi Clarke

Jodi Clarke

CEO & Founder

Jodi Clarke TV

The Hypnotherapy Clinic

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What's in this Guide?

-  Tasks to prepare the mind and retrain the brain
-  Your Smoke Free Plan
-  Your Quit Smoking Diary
-  Frequently Asked Questions
-  Testimonials

Hopefully we have covered off everything for you in this guide. If you require any further information, please refer to the website or email us at: info@jodiclarke.com.au

Your Tasks

Step 1

Print out your Smoke free plan and complete the questions and set your smoke free date. Really think through your answers and be totally honest with yourself. You need to really search for those reasons, those reasons that are motivating you to quit. For example: Don't just write "health", what about health is really compelling you to quit? Are you worried the next cigarette will kill you? Or concerned that you are teaching your children bad habits or even worse, you won't see them grow up?

Step 2

If you haven't already download your MP3's. Listen to session 1 – Preparing the Mind each day or night until your quit smoking date. On your quit smoking date, you will change to Session 2 – The Fresh New You. After this session you will be smoke free. This second session should be listened too for at least 7 days to reinforce the change and give you support. You may listen to this session again if at any point you need further support.

Step 3

The week before your quit date. Print out your smoking record, carry it with you everywhere and complete the details for at least 7 days before your quit date. You need to have at least one week recorded of your smoking habits to get a good picture of your habits. Filling out this record will not only start to re-train your brain, it will also give you a clear picture of your smoking habits and increase your chances of success. Right now your smoking is on auto-pilot, meaning its automatic unconscious behaviour, completing the record will help remove the automatic behaviour that has kept you coming back to smoking all these years. So it is up to you! If you want it to be easy, then follow this guide to the letter!

How to fill out the Smoking Record

Each time you have a cigarette, or feel a craving, fill in the date, time, occasion or activity, what you are feeling and how much you feel the need for a cigarette, using the points system given on the smoking record. (Located at the bottom of the record) at the end of the week, go over your record, highlighting any obvious habits and situations linked to high rating urges to smoke. Make a plan to change these habits and find other means to deal the more challenging times. Quitting is easy if you set yourself up for success.

Say it out loud

Tell all your friends and family you are using this program to help you become smoke free and your Smoke free date. Talk about anything that is particularly difficult. You will be surprised just how helpful people are. When you repeat your plans out loud, your unconscious and conscious mind is listening and it will start believing what you are saying. Right now, you are telling your mind “I want a smoke”, “its smoko” etc.. Your mind doesn’t know what is real or what is not, it only knows what you tell it. So start telling it “I will be a non-smoker on...” or “I don’t want a smoke” etc..

Step 4

Testing the Habits

For at least a week before your quit date: Experiment by not smoking at times when you normally would, such as:

- 🦋 At the pub and /or
- 🦋 While drinking Alcohol
- 🦋 When you're having a break with other smokers at work
- 🦋 With your morning coffee.

Try all of these at least once or ongoing and feel free to add some of your own. If you have a particular cigarette you find it hard not to have, try experimenting by not having it right then and there, delay, distract or don’t have your smokes around. EG: If you love that cigarette with your morning coffee, try having a cigarette before the coffee or after it. Changing these habits while you still have permission to smoke takes away all the anxiety of quitting and starts to retrain your neuro path ways.

Breaking the Habits

Breaking some other habits before your smoke free date may also help you prepare to stop smoking from now until your session change at least one of the following habits each day and continue on changing these around until your session. (tick them off as you go)

- The day before you quit: Change to a brand of cigarettes you don't like.
- Make your car smoke free. Totally clean out the car, remove the ashtray, and scrub the inside in and out. Remove the smell of cigarettes completely and put in a nice smelling air freshener.
- Make your home smoke free, totally clean out all smoking paraphernalia, ashtrays, lighters etc and move your smoking spot to around the side of the house or choose an outdoor spot that is uncomfortable and away from anything interesting. A spot where you or anyone else cannot see the spot from inside or smell you and have no chairs or creature comforts in this spot.
- Today: Keep your smokes and any lighters etc in the boot of your car at all times; never bring them inside to work or home. When you want a cigarette you are to only take one out of the packet at a time. (leaving the packet in the boot)
- Don't have a car boot at work? Leave your cigarettes with a colleague so you have to ask for one each time. Do not collect this packet for the trip home. Only take out what you would usually smoke on the way home.
- If your partner smokes, suggest that he or she stops too, or only smokes outside and away from the house.
- Try holding the cigarette between different fingers or in a different hand when you smoke.
- Refuse all offers of cigarettes from others.
- Don't carry a lighter with you. Having to ask or hunt for a light will put you off some of those cigarettes
- If you like to smoke with others, always smoke alone.
- If you smoke while on the phone, don't smoke on the phone from now on.
- If you smoke after meals change this to an alternative task, for example; doing the dishes, drinking water or go for a short stroll.

Keep a Record

Make a note of the times that were especially tough and the things that helped you and discuss it with your friends and family. You can use what you learn from these experiences to help you when you quit smoking for real. You can use the last page in this kick start guide to record extra notes.

Remember: The more you understand your weaknesses and how to deal with them, the better prepared you'll be to become smoke free.

Step 5

On your quit smoking date, change listening from Session 1 MP3 to Session 2 – The Fresh New You. After this session you will be smoke free. This second session should be listened to for at least 7 days; to reinforce the change and give you support. You may listen to this session again, if at any point you need further support.

Step 6

After session 2, go through the after session materials to give yourself support:

Reducing Stress:

If you experience stress and this in the past has been a trigger to smoke, practise the exercise in the reducing stress document.

Detox drink:

Your body may experience flu like symptoms. This is a sign that toxins are now leaving your body. Give yourself extra support and clear out those toxins quicker and gently with the detox drink recipe.

What to expect once you quit:

Your body starts to repair itself within 20 mins of quitting. This document will help you see the big picture when it comes to your new smoke free life and how your health will improve from now and over time.

Congratulations on your fresh new life!

My Smoke Free Plan

Write out your Smoke free plan. Use your quitting record to help you. Try to be honest with yourself and really give this some thought.

 Age I started Smoking

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 Three Main Reasons to Quit Smoking

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 My Three Main Triggers to Smoke

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 My Main Strategies to avoid Smoking

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 The Date I am Becoming a Non Smoker!

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F.A.Q's

What is Hypnosis?

Hypnosis or trance is the induction of a state of consciousness, resembling sleep only superficially and marked by a functioning of the individual at a level of awareness other than the ordinary conscious state. In this state the person is highly responsive to suggestion or direction.

What is hypnotherapy?

Hypnotherapy is a form of psychotherapy utilized to create unconscious change in the patient in the form of new responses, thoughts, attitudes, behaviours and/or feelings. It is undertaken with a subject in hypnosis. (Source <http://en.wikipedia.org/wiki/Hypnotherapy>)

Can anyone be hypnotised?

Yes, anyone with an average IQ or above IQ can be hypnotised if they want to be. All hypnosis is self-hypnosis and you probably go in and out of trance all day. Have you ever driven somewhere and thought "I don't remember getting here?" or you find yourself on Auto pilot? Or been so engrossed in a movie or book you haven't noticed anything around you? All are states of trance.

What is it like to be hypnotised?

It is different for everyone as it is a personal experience. Some become very aware and can hear everything that is going on around them and don't feel like they are in a trance. Some drift in and out and feel they have not listened to everything you have said and some drift off and feel they didn't listen at all. But your unconscious will remember everything regardless of your experience. You will experience what is right and natural for you. All experiences are perfect as the subconscious mind is always listening.

Can Hypnotherapy be claimed on Private Health insurance?

Yes, some private health funds do provide rebates for Hypnotherapy. Please check with your private health fund to see if your fund qualifies for a rebate.

Frequently Asked Questions

cont...

[Can I say or do something under hypnosis I don't want to?](#)

No, your mind will not allow you to say or do anything under hypnosis that you would not do or say in your ordinary conscious state. You are aware so if anything is said to you that you don't like to can just stand up and walk away.

[Will things I say be kept confidential?](#)

Absolutely! The hypnotherapist is bound by a similar Hippocratic Oath as doctors and as any other Therapist and unless there are exceptional circumstances everything said privately will be kept within the confines of the therapy room and this extends to email support.

[What if there is a complaint that cannot be resolved between me and my Hypnotherapist?](#)

Make sure your hypnotherapist is a member of a national registration body for hypnotherapist. Hypnotherapist associations handle notifications and complaints in relation to the profession. The Hypnotherapy clinic is a member of the Australian Hypnotherapists Association (AHA). The AHA is the National Registration Body for hypnotherapists and has been the premier association for hypnotherapy and hypnotherapists since 1949; it is the oldest and largest hypnotherapy organization in Australia.

[How to download and listen to the recordings](#)

Download links and listening instructions are included on your purchase receipt. Please note that Apple products do not have download software included in their programming and you cannot directly download to these devices. First download the file to your computer and drag the file into iTunes. Other alternative and suggestions for downloading to Apple products are noted in the download and listening file.

Just a few of our happy Non smokers!

"I can't believe how easy this has been, since our session I have only had the odd thought about smoking but my thoughts just kept telling me 'I am a non-smoker' "

Jess, Quit Smoking Client

"You are a legend! I haven't even thought about smoking since our session. It has been 8 months now and smoking is just not part of me anymore. I highly recommend everyone to go and see Jodi at The Hypnotherapy Clinic.

Greg, Quit Smoking Client

"Thank you so much for my session last week, I still haven't had a smoke and do not feel like one either."

Michelle, Quit Smoking Client

"It has been 12 months and I still have not smoked or even thought about it. You made quitting easy! "

Chris, Quit Smoking Client

Visit our website for more wonderful testimonials

Notes