



THE JOYFUL MIND MENTOR

# SIX STEPS TO BECOMING A NON-SMOKER

A practical guide to understanding and overcoming cigarette addiction, pre-hypnotherapeutic intervention guidance and support.

Watch The 11 Minute Welcome Video



# STEP 1 DEAL WITH THE NICOTINE ADDICTION.



If quitting was only about dopamine, it would be so much easier. Nicotine hits your brain fast – within 6–10 seconds – and that instant reward is exactly what makes it so addictive. It doesn't just boost dopamine either; it also triggers other “feel-good” chemicals that calm stress and lift mood, which is why smoking can feel like comfort. Over time your brain adapts by creating more nicotine receptors, so when you stop you can feel edgy, low, or like something's missing. That's withdrawal – your system rebalancing – and for some people the emotional dip can linger for a few weeks while the nervous system settles.

The physical addiction ends when you stop feeding it nicotine – full stop. But the habit and the “I need one” moments are a different layer, and that's where hypnotherapy can make a real difference. In a session, we help uncouple the automatic urge from your body's stress response and teach you ways to trigger a natural, positive “reward” without a cigarette.

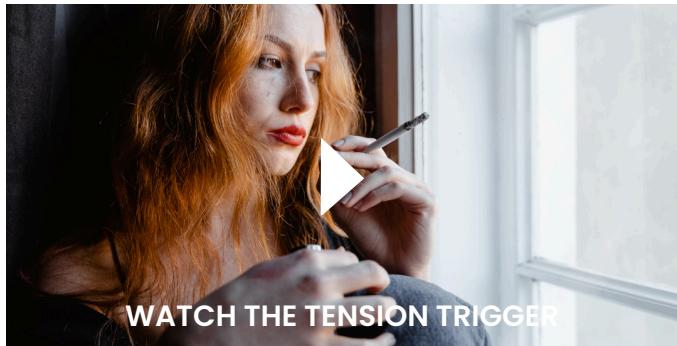
So each time you say nope, you're not just depriving yourself – you're building confidence, pride, and a genuine sense of wellbeing. Take the quick test below to see how dependent you are on smoking.

TAKE THE TEST



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# STEP 2 FIND A NEW WAY TO RELAX.



**Feeling low, anxious, or stressed  
and reaching straight for a cigarette?**

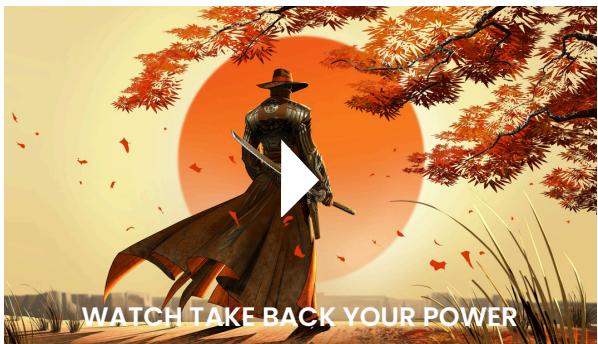
Maybe you're a driven, hard-working person who smokes to cope with stress. If so, you could be a stress smoker. Big life pressures — holidays, job changes, transitions — can increase the urge. It may feel calming, but smoking often leaves you more stressed. Nicotine is mood-altering, so it can briefly numb frustration, anger, and anxiety.

Even if it feels calming, smoking raises stress in the body: blood pressure and heart rate go up, muscles tense, blood vessels constrict, and less oxygen reaches your brain and body — making healthy coping harder. Nicotine quickly reaches the brain and triggers dopamine (the “reward” chemical), but the lift is brief. When dopamine drops, you often feel worse than before the cigarette. Smoking also strains your lungs and increases the risk of serious illness, which can add to stress. In hypnotherapy, I'll teach powerful techniques to help you feel calm, content, and relaxed — and I can provide a brain-training audio to help you manage stress day to day.



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# STEP 3 TAKE BACK YOUR POWER.



Power is not selective. You are either powerful, or you are not! If a warrior believes they are powerful when entering battle, they are likely to win. Odds are they will not live to fight another day should they believe they will lose.

You don't feel powerless because you have none. You feel powerless because you gave it away. It's time to take back your power.

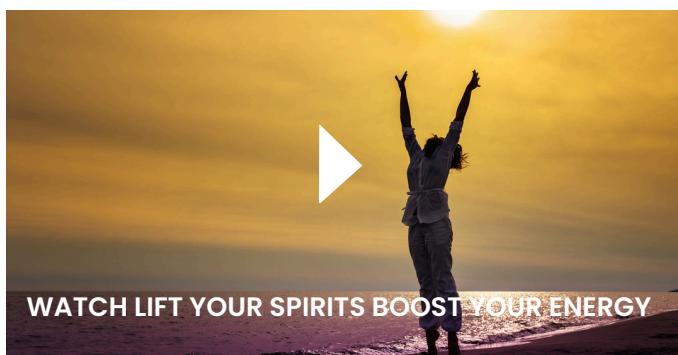
- Be aware of the fantasy cigarette, that's the cigarette you imagine gives you deep relaxation, peace whatever it is you imagine you get but really DON'T GET.
- SAY NOPE. If you really don't want to do something, be strong enough to stick to your choices, even when someone offers you a cigarette. Feel the power of saying NOPE. Tell people you have stopped smoking, get their support, encourage others in your family, circle of friends and get colleagues to join you.
- Don't let others determine if you smoke or not. It's up to you to make it a smoke free day despite whatever is happening around you or who you are with.
- Whatever is happening, it will soon pass. Walk away, get a breath of real fresh air.
- In the hypnotherapy session I will help you to find that inner strength that we all have, to power you through any challenges. You'll know that you have the power to choose, and you will feel confident, strong and resilient in choosing

**NOT ONE PUFF EVER.**



SIX STEPS TO BECOMING A NON-SMOKER

# STEP 4 LIFT YOUR SPIRITS BOOST YOUR ENERGY.



One of the biggest challenges to becoming a non-smoker and really establishing a smoke free life is to raise your self-care.

In the past when you felt stressed, exhausted, tired, hungry, angry, frustrated... (could go on) we just smoked a cigarette. When you stop smoking, you don't have the cravings any longer, so you'll find your overall stress levels will have reduced. Non-smokers don't crave cigarettes, but everyone must deal with the ups and

downs of life. During a smoking cessation session, we'll look at your energy levels and stress levels and I will give you specific, tailor made tools to assist you. There are lots you can put in place to feel healthier have more energy and feel calmer.



Many people feel tired and lack the energy to function at their best throughout the day. However, drinking enough water, eating healthily, getting enough sleep and exercise and being sociable can benefit your energy levels and your physical and mental health. Up your self-care increase your health and wellbeing.

If you feel tired, your mood is low, you're overly stressed or anxious it's worth taking a look at your lifestyle to see which healthy changes you can make to boost your energy levels, feel calm, peaceful and great.



# STEP 5 ADDRESS THE HABIT, RID THE RITUAL.



We all have things, actions, behaviours that we do, that seem to go in pairs, in twos, together. For example, a cuppa and a biscuit or tea and toast. Cigarettes have cleverly dug their claws into our daily lives. Examples of this could be an early morning cigarette and a coffee, very often followed by a visit to the bathroom.... Smoking after dinner or food, Smoking when taking a break at work, Smoking and drinking.

These aren't times where your craving levels are any higher than normal, yet we still have a strong desire to smoke. We desire to smoke at these times simply because it is a habit or a ritual. For me it was smoking in my car, it became a ritual, a symbol that my shift at work was over. Before you set your quit date, I recommend that you spend some time perhaps a week, mindfully smoking.



## THE MINDFUL SMOKING CHALLENGE.

Smoking mindfully brings awareness to your habits and rituals. The next page in this PDF will guide you through the mindful smoking challenge.

- Allow yourself to become immersed in your cigarette, let it be your only point of concentration, just you and your cigarette.
- Do not be distracted, if a thought comes bring your focus back to the cigarette.
- If you are distracted by any noise or anything you are not staying mindful.
- Put your full concentration into your cigarette, enjoy it as much as you can.



## The Mindful Smoking Exercise.

Begin by really looking at your cigarette packet. You've trained your mind to skim past the picture and warning, so this time, pause.

Read the label.

Look at the image.

Let it land.

Take a cigarette out and hold it in the opposite hand to normal. Feel the weight and texture in your fingers. Notice any thoughts, feelings, or body sensations—just observe and mentally note them. Bring the cigarette to your nose and smell it. Then light it with full attention. Watch the flame. Notice the tiny shift in your body when it catches—relief, tension, focus, routine.

Take your first inhale and slow it down slightly:

- Notice the taste on your lips and tongue
- Feel it travel down your throat
- Notice how your lungs fill
- Notice where your body softens—and where it tightens

As you exhale, follow it back up and out. Watch the smoke leave you. When you flick the ash, notice the movement and the feeling in your hand.

Stay present. If your mind drifts, gently bring it back—again and again. Right now, it's just you and the cigarette.

Take a second puff and repeat. Smoke it all the way to the end, staying aware.

Pay attention to:

- Taste, smell, touch
- Body sensations
- Thoughts and emotions
- Time, place, situation

Afterwards, jot down what you noticed

## Why Practice Mindful Smoking?

Mindful smoking helps you see smoking for what it truly is.

Whether this practice makes you feel more aware, uncomfortable, indifferent, or even repelled does not matter right now. What matters is honesty and attention.

The more you practise mindful smoking, the more focused you become—and the more prepared you will be for your quit day, when you step into life as a non-smoker.

Be aware: mindful smoking is easy to talk about, but much harder to practise. If you apply it diligently, change begins quickly and naturally.

This practice helps you understand:

- Your rituals
- Your triggers
- Your habits and routines

After about a week of mindful smoking, most people find they can clearly see patterns and easily create a practical plan to break them.

This might include simple changes such as:

- Drinking tea instead of coffee
- Staying in bed a little longer
- Cleaning your car so it smells fresh
- Changing routines that automatically lead to smoking

As you become more aware of your habits, you can begin gently breaking them down and replacing them with healthier alternatives. Old habits dissolve and new ones form with repetition and awareness. In the meantime, powerful post-hypnotic suggestions will be in place to support you in making healthier, smoke-free choices.

Change does not begin with force.

It begins with awareness.



# STEP 6 THE FREEDOM STEP.

**Let the future stay in the future, and decide now how you'll handle it.**

Once we've reprogrammed your everyday habits and you've stepped into life as a non-smoker, there are only two "sneaky" patterns that sometimes try to pop back up.

In our session, you'll learn how to recognise them early and shut them down before they gain momentum.

## Future Tendency

These are the good times, holidays, weddings, travel, Christmas, New Year, when your mind suggests: "*One cigarette would be fine.*"

In the session, we'll make sure your response is automatic: **Nope, it won't.** Because one cigarette can reactivate dormant receptors and open the pathway back to more. You'll lock in a simple rule: good times don't require smoking.

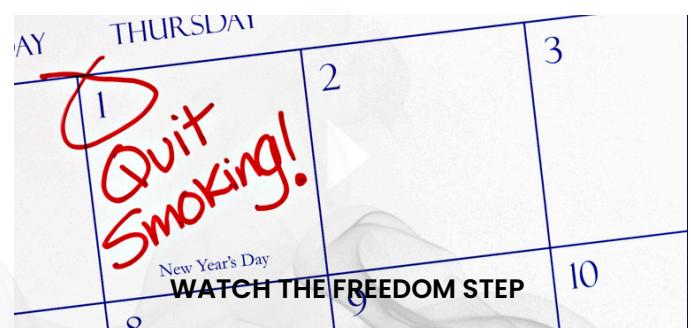
## Future Pressure

These are the hard times, stress, overwhelm, relationship strain, health worries, the days when everything lands at once and you want relief. And in those moments, you'll learn to remember this: **you don't want a cigarette**, you want a state change. So we'll install a clear strategy you can trust: **get through the next 12 hours smoke-free.** Not forever. Not "**the rest of your life.**" Just the next 12 hours. Because once you move through that moment, you break that pattern.

This urge is temporary  
—I'm already a non-smoker."

The trigger loses its grip. And you prove to yourself, permanently, that smoking is not your solution anymore.

In hypnotherapy, you'll gain the awareness, mindset, and tools to handle Tendency and Pressure moments with confidence: you'll spot them early, access your strategies automatically, strengthen your healthy responses, and keep choosing the smoke-free life you've worked for.



**You're not "trying to quit."** You're learning how to live as someone who doesn't smoke, in every season, in every situation, for good. A 12-hour action plan is what we build and rehearse in the hypnotherapy session, so when a Future Tendency or Future Pressure hits you don't debate it, you follow the steps. In the first few hours you interrupt the urge (water, change rooms, 10 slow breaths, "This is temporary—I'm a non-smoker"), then you ground your body (eat, walk/shower, avoid triggers, use your hypnosis anchor), then you reinforce your new identity ("I handled that" + do something that supports your non-smoker self), and by the end you settle and seal it with a calm routine and sleep. It's not willpower, it's preparation, and once you've stayed smoke-free for 12 hours, that trigger loses its grip.



# THE MINDFUL SMOKING ACTIVITY.

Answer the questions on the quiz to help me to help you more. Answering these questions will help me to select the best and most powerful techniques for your bespoke session.

COMPLETE THE MINDFULL SMOKING ACTIVITY

Before you come for your smoking hypnotherapy cessation session, please complete the quiz in full. Complete the Fagastrom test. Don't stop smoking. Read the 6 steps to becoming a non-smoker guide. Complete the mindful smoking activity, and make notes about your observations. Email us you're your workbook and book your bespoke smoking cessation session.

Ready to become smoke free?

YES

Book your smoking cessation hypnotherapy session.  
I have availability in Harrogate, South Tyneside & Online



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