



Wings Hypnosis



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Smoking Cessation Pre-Talk Checklist

Name: _____ Date: _____

Turn off phones Water Collect cigarettes Collect fee \$ _____

How many cigarettes do you smoke per day?: _____ What is the most you've smoked?: _____

What age did you start smoking?: _____ And why?: _____

What are the 3 most important reasons why you want to become a permanent non-smoker?

1. _____

2. _____

3. _____

Want to vs. Have to: You have some important reasons for wanting to stop, *but...*

Addiction vs. Habit: Do you believe that you are addicted to nicotine?

Most important: You can never take a puff, drag, or draw from a cigarette again.

Reason vs. Excuses: What do you think has kept you smoking all of these years?:

Stress Relax Weight Gain Willpower

Pleasure Other: _____

Myths vs. Misconceptions: What do you know about hypnosis?:

Stage Shows Not Mind Control Not Sleep Not Amnesia

Experience Feels Like: _____

Explain the Mind Model.

Let me tell you what to expect after the session:

- 30% Feel like they never smoked (like to suggest that you'll feel this way)
- 30% Feel great — thoughts of smoking come and go quickly. No cravings!
- 30% Are vulnerable to being tricked/mind games. I'm sure you can handle that.
- 5% Really didn't want to quit. You and I both know that you will never smoke again.

The 4 ways to respond to a suggestion:

1. Accept suggestion: "I like that suggestion. I want it to work."
2. Uncomfortable with suggestions: "I don't really...."
3. Unmotivated: "Don't want to be here. Don't want to quit."
4. Hope it works: "Hope" is the sister word to "Try." Implies failure.

Get the Hypnotic Contract Questions? Restroom?