

## Use Self Hypnosis to Stop Smoking for Good

A good "self" hypnosis trick to try when you finally stop smoking is to immediately think of yourself as a non-smoker. Even if it's only been a few hours or days since your final cigarette, think of yourself as a non-smoker - as if you've never had a cigarette. Then, whenever you find yourself craving a cigarette say to yourself "why would I want a cigarette? I don't smoke."

It's important that you take mental steps like this when you stop smoking. Although the physical component of a cigarette addiction can be hard to overcome, especially if you have been smoking for a long time, the physical element of your addiction is also the part most easily treated with medication. It is with the mental or psychological component of your addiction that the fiercest battle will be fought. This is where stop smoking hypnosis comes in.

By thinking of yourself as a non-smoker instantly, you are taking an important, active step. Although it may seem silly to think of yourself this way if you've only stopped smoking for a day or to, try it: you'll find that if you define yourself as a non-smoker, the idea of having a cigarette will require a long justification. It will make you truly think about having a cigarette - after all: it's not normal for a non-smoker to smoke, is it? It's the perfect stop smoking hypnosis technique.

If you fail to do this, it will simply be too easy to lapse back into occasional smoking. It is, of course, fairly common for a very recent ex-smoker to take a drag now and then, isn't it? If you don't think of yourself as an ex-smoker you'll allow yourself these indulgences - an occasional drag, or even a full cigarette now and then - that will almost certainly ensure that your attempt to stop smoking with ends in failure as you simply don't believe yourself. No stop smoking hypnosis or self hypnosis can work without self confidence.

Stop smoking hypnosis is the easiest and quickest way to get rid of the smoking habit for good. This is because it reaches a part of your mind that can make the changes you desire but only if you actually desire it. If your spouse wants you to quit smoking or you are trying to follow your doctors advice but YOU do not want to quit. Then you won't. Hypnosis can't help you and any money you have spent will have been wasted.

Your first step is to decide that, "Yes, I do want to be a non-smoker for the rest of my life". Your next step is just to do it. Go to your hypnotist and quit smoking in 1-3 hours.

Source: <http://www.articlecircle.com>

### About the Author

By Abbas Abedi-To make your break from the smoking habit easier visit my blog <http://stop--smoking--hypnosis.blogspot.com>