

# Stop It For Life<sup>®</sup>

## Smoking Cessation Program<sup>©</sup>

### LESSON 1

(1 of 6)

#### Lesson 1 Comprises 6 Pages

- Be sure you have selected a time to begin Lesson 1 that can be consistent for the next 5 days.
- Keep whatever you smoke with you at all times during Lesson 1.
- Smoke your usual amount during the 24 hours of Lesson 1, including smoking while reading the lesson. Be sure you do not deprive yourself of smoke.
- It's best not to discuss your lesson with anyone else; this isn't a good time to give anyone an opportunity to confuse you with their beliefs or suggestions.
- Review Lesson 1 several times during the next 24 hour period until you thoroughly understand the concepts discussed.
- Turn the Page at the appropriate time to start this Lesson.

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### LESSON 1

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#### Do It for You

In order for you to successfully stop smoking, you need to make stopping smoking very important to yourself. This is one of the reasons you were asked to make a list of personal reasons you want to stop smoking.

#### Do It Right

The techniques you are learning have been proven effective. It is essential you read the lessons as often as necessary to thoroughly understand them. By using everything that you are learning, and having a desire to stop smoking, you will stop smoking.

#### Some Good Advice

- The first step is to make it personal and not discuss it with others.
- If others bring up the subject, the best thing to do is to tell them you'd rather talk about it next week.
- There is no need to worry about anyone else's smoking or stopping to smoke. They will be encouraged after you stop smoking.
- The only way to stop smoking is to depend on yourself.

#### Changing the Way You Think

One of the problems with stopping smoking is that you have your mind trained to approach stopping smoking ineffectively. In other words, in order for you to stop smoking, you will need to work at changing the way you think about it.

#### Take Full Responsibility for Your Choice to Smoke

Many times in the past you may have felt you had to stop smoking. Maybe the reason had to do with a health issue or possibly pressure from someone else. You may have even quit for a while. Even so, eventually you chose to smoke again and no one could stop you. You made the choice.

#### Reality:

The only time you can't smoke, the only time you have to stop, is when you have absolutely no choice about it. The only time you have no choice is when you are forced against your will to stay in an area where no smoking is allowed.

However, you usually can smoke. You don't have to stop. You have a choice.

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### LESSON 1

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#### An Important Concept:

It is important to realize the difference between not being able to smoke and telling yourself you shouldn't smoke.

#### You May Think You Shouldn't Smoke

You have probably always tended to act and feel as if you shouldn't smoke, and that you have to stop and have no choice.

The belief that you have no choice will lead you to feel anger, irritability, resentment and depression about stopping smoking.

The answer to getting past those feelings is to acknowledge your power:

- Accept personal responsibility for your choice to smoke.
- Accept that you are the source and cause of your smoking issues.
- Accept and believe you do NOT have to stop smoking.
- Accept and believe YOU CAN KEEP ON smoking.

By accepting these truths about smoking, you will have the power you need to take control.

#### Choice

Because of the approach that you've been taking towards stopping smoking you may be at a point where you are not capable of making a choice to stop smoking and carrying out that choice. In order for you to stop smoking you need to be able to make a choice. The fact is - without a choice you will just end up smoking for the rest of your life.

The reason Stop It For Life is so valuable to you is we will get you to the point where you can make a choice. Once you are able to make a choice you will be capable of stopping smoking. We guarantee to get you to that point within minutes of Lesson 3.

But it is also important to remember that you and only you can make your choice. Even if your doctor told you to stop smoking or you will die soon, you could continue to smoke. But, with your old way of thinking, you would have thought you HAD to quit. This is an important concept and a key ingredient. Choice is critical to success. Thinking you have NO CHOICE will cause failure.

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### LESSON 1

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#### Developing Honesty

You have several basic problems with your desire to smoke:

- You want it to go away painlessly.
- You wish it wasn't there.
- You don't want to face it.

It's very important to understand that it's not the desire to smoke that makes it so difficult to stop smoking. It's trying to get rid of or repress the desire to smoke that makes stopping smoking so difficult. (Please read this paragraph again)

You need to realize you are someone who wants to smoke. It is normal for you to want to smoke. You are a smoker. By choosing to stop smoking you become an ex-smoker. Both the smoker and the ex-smoker want to smoke. Even though you tell yourself you want to stop, what you need to accept about yourself is that you WANT to smoke. And throughout the rest of your life to varying degrees you will continue to want to smoke.

Now, there is nothing wrong with wanting to smoke. There are thousands of people who have stopped smoking with this Program who still want to smoke. The secret of their success in dealing with their desire to smoke is that they accept it. In other words the way for you to be successful in handling your desires, urges, and feelings of wanting to smoke is to accept them for what they are, and deal with them on that basis.

#### What Does Repression Do?

If you refuse to accept wanting to smoke, you will then try to repress your desire to smoke. Repressing desires to smoke will only frustrate you even more, as it is IMPOSSIBLE to successfully repress the desire to smoke.

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## Smoking Cessation Program©

### LESSON 1

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#### The Problem

The problem is that you started this Program with a determination to get rid of or repress your desire to smoke. You now know that this will end up with your not stopping to smoke. The answer to your problem will come from accepting your desire to smoke. And again Stop It For Life® is the only program that has successfully developed the secrets of accepting desires to smoke.

Remember, every other program promises to get rid of your desire to smoke. That's why, overall they're such failures.

But by using our approach you don't have to fight or resist desires to smoke. Instead you will learn how to deal with desires to smoke for what they are, and in a positive way.

#### Making Stopping Smoking of Value to You

In order to succeed at stopping smoking it needs to be of value to you. You need to have a total awareness of how good not smoking really is. In order to accomplish this, the first step is to make a complete list of all the things you personally want from not smoking. This is a good time to review the first list you made on the bottom of the cover letter.

See if you can add more personal reasons to it. Also remove any reasons that are not personal.

For example:

Don't say:

I have to quit because my (spouse, friend) constantly nags me to quit.

Say:

I want to be attractive to my (spouse, friend).

Or:

Don't Say:

I have to quit because my doctor said my lungs can't take it anymore.

Say:

I want to have more energy and enjoy better health.

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### LESSON 1

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#### The Truth about Stopping Smoking

Many people feel they can't stop smoking. Or they believe that they will gain weight or become irritable with others if they do stop. Or they figure, why bother stopping, because they'll just end up smoking again anyway. These people are wrong. The fact is you can stop smoking. You can do it without gaining weight or being irritable towards others. And you can stay off after you stop.

The first step to accomplishing these goals is developing the honesty, responsibility, and the positive approach to stopping smoking.

#### How to Take a Positive Approach

In order to stop smoking successfully you need to change the way you think. There is a lot of negative programming in your mind towards the desire to smoke and towards your choice. So you need to develop a more positive and effective approach towards your desire to smoke and your choice. And the way to do that is each time you experience a desire to smoke, tell yourself three things:

- I want to smoke
- I can smoke
- I choose to smoke

By telling yourself these things each time you want to smoke, you will counteract the repression and deprivation that exists in your mind. You will also develop a more honest, responsible and positive approach to your problem so that you can deal with it in a positive and effective way.

#### This is the end of Lesson 1.

Review it several times during the next 24 hours until you understand all the concepts that have been presented.

Continue to smoke your usual amount during the next 24 hours.

Start Lesson 2 at your normal lesson start time.