

Stop It For Life[®]
Smoking Cessation Program[©]

LESSON 2

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Lesson 2 Comprises 9 Pages

- Be sure and start Lesson 2 at or near the start time you selected.
- Continue to review Lesson 2 several times during the next 24 hour period until you understand it thoroughly.
- It's a good idea to review the previous lesson
- Smoke your usual amount during the 24 hours of Lesson 2, also smoke while reading the lesson. Do not deprive yourself of smoke (you don't know how to handle it yet).
- Try to not 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.
- Be sure and not move beyond this lesson until the next day at your selected time.
- Turn the Page when you are ready to start the Lesson.

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Accepting the Desire to Smoke

By now it's obvious that you are someone who wants to smoke. Our goal now is to accept wanting to smoke.

But we have a problem.

The problem is that your mind is trained to try and get rid of, forget, and push away your desire to smoke. This only aggravates the problem. What we need to do is to counteract your mind's attempts to get rid of your desire to smoke. We also need to find some way to counteract the repression that is set up in your mind.

In order to counteract repression there are two things you need to do:

- Welcome your desire to smoke.
- Induce desires to smoke.

Let's find out why.

Welcoming a Desire to Smoke

It is normal for you to want to smoke. Since it's normal for you to be experiencing desires to smoke, you don't have a choice about having desires to smoke. You have them whether you want them or not. The only issue is how you approach them. If you repress your desires to smoke it will be impossible to deal with them.

The reason you need to welcome a desire to smoke is because an experienced desire to smoke is not a repressed desire to smoke. In other words if you don't get your desires to smoke to come out they will be repressed. And as they are being repressed they will be building a time bomb that will explode and you will end up smoking.

On the other hand, by welcoming your desires to smoke you are encouraging them to come out and you are encouraging yourself to accept them. Remember, the most important thing about your desires to smoke is your approach to them. If you develop a positive and welcoming approach to them you are able to accept them more and more.

The secret to coping with your desire to smoke is to accept it.

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Inducing a Desire to Smoke

Inducing a desire to smoke is one of the most valuable tools you will ever use. What inducing does for you is break up that deep layer of repression that keeps your desire to smoke locked up.

It's important to remember that if the desire to smoke is not out it will only build a time bomb that will just explode on you. What inducing does is to defuse that time bomb and bring the desires to smoke out, rather than keeping them locked up.

So for the next 24 hours you need to start a process of inducing a desire to smoke at least as often as you would usually smoke. The purpose is to teach you to accept wanting to smoke.

How to Induce a Desire to Smoke

- Smoke your usual minimum.
- Induce a desire to smoke slightly before your discomfort would normally create your desire for you.
- Take out whatever you smoke.
 - Tell yourself,
 - I want to smoke (I have the desire)
 - I can smoke (no one can stop me)
 - I choose to smoke (it's my choice)
- Just before smoking, notice your thoughts and feelings about your desire to smoke. Notice that the desire to smoke isn't an impulse or habit, but a clear response to discomfort.

Approaching the desire to smoke this way sends a signal to your mind that you are accepting your desire to smoke.

It trains you to let yourself think about your problem, so you can deal with it. It helps to counteract your repression and it helps you to overcome any fears about experiencing desires to smoke.

We can't impress upon you enough how valuable inducing desires to smoke is to you.

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SAC's

Substitutions

Avoidances

Changes

One of the biggest obstacles to stopping smoking and staying off smoking is SAC's. They are difficult to see, so you think you are just doing what you normally do, and then, all of a sudden, you realize you are in the middle of a SAC. They come in all forms... and are easily camouflaged and wrapped up with good intentions. Be sure and stop the SAC immediately after you recognize it.

SAC #1 - Substitutions

Consuming food, candy, gum or beverages during a time when you would normally be smoking.

Examples:

- During your usual smoke break, instead of smoking you eat a sandwich – but you never did that when you were smoking.
- You are working at your desk as you usually do, but you never eat at your desk. You notice you are eating the carrot strips you brought as part of your lunch.
- You most always avoid candy, because you don't want the calories. You realize you keep passing by the candy dish at the receptionist's desk and picking out chewy candy.

SAC #2 - Avoidances

Avoiding situations or people where you know you will want to smoke.

These are mental messages you don't want to give yourself. It's the same as saying you can't handle it. If you accept that as true, your power to manage discomfort dissipates immediately.

Examples:

- You decide to avoid the Thursday night poker game because you usually smoke there and you are afraid you won't be able to resist the temptation to join the other smokers.
- You usually go outside your office building and smoke with some other smokers. You decide to not go outside during your usual breaks.
- You usually smoke when you drink coffee, so you decide to stop drinking coffee.

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SAC #3 - Changes

We are always making changes. The main difference now is the change may be a substitute for smoking. It's better not to make changes at this time unless they are absolutely necessary.

- Major changes: Moving, starting a new job, leaving a significant other, buying a major appliance, remodeling the house, etc.
- Minor changes: Increasing your exercise or joining a gym, watching more or less TV, eating more or less than you usually do. Sleeping more or less than you usually do. Spending more or less time with family or friends. Reading or using the computer more or less than usual.

What SAC's Do

1) By substituting, avoiding and changing you are repressing your desire to smoke. Instead of letting the desire to smoke come out you are covering it up with food, beverages, sleep or activity. The result is that you do not train yourself to accept your desire to smoke. Eventually, you realize the SAC's aren't satisfying and you return to smoking.

2) Doing a SAC is actually a choice to smoke. By doing an SAC you are refusing to accept and welcome your desire to smoke.

This may be difficult to comprehend. Spend some time on this subject until it makes sense. Just remember, SACs can be the things we avoid or things we eat or the busy work we do to keep our mind off our desire to smoke and our discomfort while not smoking. Since the desire to smoke is being repressed, it isn't being dissipated, and eventually you return to smoking. SAC's undermine your choice to stop smoking.

Choice, No Matter What

The next problem we have is stating our situation correctly.

A few incorrect beliefs (add yours to the margin):

- The doctor says I have to quit, so I can't smoke
- My wife is pregnant, so I can't smoke.
- Smoking will kill me, so I have to quit smoking.
- I want a career in a field where smoking is frowned on, so I have to stop smoking.
- It isn't good for my kids to be around smoke, so I have to quit smoking.

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These feelings that you have to stop, that you can't smoke and that you just have no choice, are normal to experience. However we also need to handle them. Whenever you take the approach that you can't smoke you end up not taking the responsibility for your actions.

Remember that no matter how strong your reasons are for stopping smoking you still have a choice about it. Instead of trying to convince yourself that you can't smoke you need to deal with facts.

In other words say:

- I want to stop smoking, but I can smoke anyway, I have a choice about it.
- I want to be healthier but I can smoke, I don't have to stop, I do have a choice.
- It isn't good for the kids to be around smoke, but I can smoke, I don't have to stop, I have a choice.
- Smoking will kill me but I don't have to stop, I can smoke, I do have a choice.
- I want that career, but I don't have to stop, I choose to stay where I am.

It's true that you can't have good health and smoke, that's impossible to do. However you can have the one you want. And this is what you need to focus on. You need to realize that whether you have good health or not is a matter of your choice. You can have either of them, just not both.

You do have a choice. A choice that you cannot lose, give away or have taken away from you. Remember, no matter what, you can smoke.

Choice, Where And When

Your choice is always in the present. It is for right here and right now only. That's how it works when it comes to stopping smoking. In other words, it's impossible for you to choose today what you will do tomorrow with stopping smoking. The reason is because you can always change your mind. And a choice to stop smoking lasts only for the moment it is made. It does not lock you in for the rest of your life. You can always smoke. The choice is always yours. It's just a fact of life— you are always responsible for your actions, on a moment by moment basis. Again, no matter what, you can smoke. You have to accept that you choose to smoke before you can choose not to.

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The Benefits

Below you will see a list of benefits. Reflect on the value of those benefits to your life. Circle the bullet of the ones that have the most meaning for you.

- Better breathing
- More energy
- More stamina
- Less tension
- Fewer headaches
- Think clearer
- Think faster
- Better hearing
- Better vision
- No fear of smoking's consequences
- No guilt of destroying yourself
- Self-respect
- Pride
- Control
- More time
- Spend your money on something good for yourself
- Feel better in the morning
- Cleaner and fresher mouth
- Better circulation
- Better appearance
- Cleaner home
- No burnt clothes or furniture
- Not smelling like a smoker
- Fewer wrinkles
- No nicotine fingers
- Cleaner car
- No wheezing
- Need less sleep
- Better voice
- More sensory awareness
- Self-esteem
- Sense of accomplishment
More positive view towards life
- An overall sense of feeling good about yourself
- Cleaner teeth
- Less gum disease
- Live longer
- No fear of burning down the house
- Drive safer
- Sit anywhere in a restaurant
- Better heart Better lungs
- Be more active
- Be more productive
- Peace of mind
- No smoker's cough
- Much less chance of emphysema
- Much less chance of lung cancer
- Live longer, on an average, smokers die 8.3 years earlier

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- No smoker's hangover
- More vitality
- No obsession to stop smoking
- Freedom from smoking
- Better sense of smell
- Better taste
- Save money on insurance
- Possibly better sex
- Fewer digestive problems
- More endurance
- Fewer allergy problems
- No morning hack
- Sinuses clear up
- Fewer leg cramps
- Sleep more restful
- Fewer and shorter colds
- Self-satisfaction
- Better memory

Add items from your list not shown above.

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
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Training Your Mind

Learning about a problem is not enough. Now we need to apply what we've learned. So here is what you need to do.

Each time you smoke during the next 24 hours, tell yourself,

- I want to smoke. (I have the desire)
- I can smoke (No one can stop me)
- I choose to smoke. (It's my choice)

When you tell yourself these things you make them real for you and you are beginning to develop the effective, positive approach you need in order to successfully stop smoking.

Staying In the Present

With many activities in our lives it is very useful to make plans about the future. However, when it comes to addiction, the only way to take control is to stay in the present. Projecting into the future always leads to a feeling of deprivation.

Don't say "I'll never smoke again" because the only time you can be certain you will never smoke again is if you are forced to stay in a non-smoking area with out your smokes for the rest of your life, which is unlikely.

The way to successfully stop smoking is to stay in the present and make moment by moment choices. Your choice exists only in the present and for one moment in time.

This is the end of Lesson 2

Please review Lesson 2 several times during the next 24 hours until you understand all the concepts that have been presented. Continue to smoke your minimum during the next 24 hours.

Please start reading the Prolog to lesson 3 approximately 5 minutes before your normal lesson start time. While reading the Prolog you will be asked to set it aside and make a choice to continue or stop smoking. Lesson 3 will show you how to handle your desire to smoke and temporary withdrawal after you choose to stop smoking.