

Stop It For Life®
Smoking Cessation Program

LESSON 3

(1 of 11)

Lesson 3 Comprises
This page,
2 Prolog Pages And
8 Lessons Pages

- Please start reading the prolog to Lesson 3 approximately 5 minutes before your normal lesson start time.
- Continue to smoke your minimum - even smoke while you read this cover page. But before you turn the page to read the Prolog you are requested to stop smoking. After reading part of the prolog, you will be asked to set it aside and make a choice to stop smoking and enjoy all your benefits or continue smoking. After you make your choice, continue reading the Prolog.
- If you choose to stop smoking you should start Lesson 3 and Review it several times during the next 24 hour period until you understand it thoroughly.
- 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.
- Turn the Page when you are ready to read the Prolog to Lesson 3. Please stop smoking before turning this page.

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Prolog Page 1

Decision Time

Please stop smoking before reading the Prolog.

Before starting Lesson 3 you need to make a choice.

Health or Disease

Are your personal reasons not to smoke important enough to you to endure discomfort for a short period of time in exchange for your benefits? Or do you prefer to smoke and die from smoke related diseases? Only you can make that choice, and this is the time in the program to decide which one you prefer.

Make a Choice

The next step is to set aside about 5 minutes to contemplate your choice. If possible, go into an area by yourself and think about your personal benefits, and give 100% of your attention to choosing.

Even though you may already know what choice you want to make, this is an important step. It's your opportunity to seriously contemplate the choice you want to make and confirm it.

If you choose to stop smoking, Lesson 3 will show you how to manage your desire to smoke and the temporary withdrawal discomfort you may have while not smoking during the first few days.

After making your choice, turn to page 2 of the Prolog and continue.

**PLEASE STOP READING NOW
AND MAKE A CHOICE**

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Prolog Page 2

Please Select and Read the Correct Paragraph Below:

I Made a Choice to Stop Smoking

In Lesson 3 you will learn how to handle your desire to smoke while choosing not to smoke and how to handle the temporary discomfort during the first few days.

What day and time is it? Please write it down here:

I made a choice to stop smoking _____ (date and time).

Congratulations on a good choice for you. Continue to Lesson 3 now.

I Made a Choice to Continue Smoking...

This is the end of the program for smokers. There is no need to continue. The rest of the lessons would have helped you deal with desires to smoke and the temporary discomfort while choosing not to smoke in exchange for benefits. Do not give up hope though of stop smoking in the future.

Please put the Program away for 30 days and continue smoking your usual amount. The 30 day delay is important; as it gives you time to contemplate your desire and removes any repression. From now on, before you smoke say "I want to Smoke, I can smoke and I choose to smoke". This reinforces that smoking is a choice, and you chose to smoke.

In 30 days decide if you would like to restart the Program. It's the best way to handle your choice to smoke at this time. It is important that you do not repress your desire to smoke or cut back your usual amount during the next 30 days. If you choose not to start the Program again in 30 days, you can put it aside for another 30 days. It's up to you. It's always your choice.

What day and time is it? Please write it down here:

I made a choice to continue smoking _____ (date and time).

Return to Lesson 1 30 days from the date above if you would like to start the program again. Do not beat yourself up about your choice. Your personal reasons were not sufficient at this time to help you choose not to smoke. You may have a new resolve in 30 days and can start again.

Please do not read ahead at this time.

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You made a Choice to Stop Smoking...

And Now, the Answers You Have Been Waiting For To Help You Deal with Your Desire to Smoke

In the past, it has been your refusal to accept and welcome your temporary discomfort that has been ruining your life. The answer to your successfully stopping smoking is to choose to let yourself experience, accept and welcome your temporary discomfort. You need to approach temporary discomfort on a positive basis.

The mistake that most people make when they stop smoking is they don't want to go through temporary discomfort. The result is that instead of going through temporary discomfort for a couple of days, they spend a lifetime smoking. And instead of having a better life, they live with the awful sickness, death and self-disgust that goes along with smoking.

Yes, temporary discomfort is uncomfortable. But it's only uncomfortable. It is not sickness, death and self-disgust. It is not pain, suffering and misery. Smoking is all those things, and smoking is permanent.

Why You Need To Welcome Temporary Discomfort

In order for you to successfully stop smoking you need to experience temporary discomfort. Every experience of temporary discomfort you have is another step towards successfully stopping smoking.

If you are not in temporary discomfort you are smoking. However, by experiencing temporary discomfort you are on your way to getting the benefits of being an ex-smoker.

Temporary discomfort is not something to fight, resist or regret. Temporary discomfort is your vehicle to getting rid of the sickness, death and self-disgust that goes along with smoking. Temporary discomfort is your way of getting a better life for yourself.

Welcome temporary discomfort, as you are giving yourself all the fantastic wonderful benefits of not smoking and getting rid of the permanent sickness, death and self-disgust that goes along with it.

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Inducing Desires To Smoke

It is essential that you induce a desire to smoke at least as often as you would normally smoke. You are a smoker and you like to smoke. If you are not having a desire to smoke, the desire is being repressed. The repression will eventually cause you to smoke again, as it always has in the past whenever you tried to stop smoking.

Carrying Whatever You Smoke Wherever You Go

You will have a desire to smoke. It is essential during those times that you are ABLE to smoke. You do have a choice, but you can't make a choice if you have nothing to smoke.

One Puff and It's All Over

There's no sense in continuing the program if you take a puff. If you don't accept the truism "One puff and it's all over," you will never stop smoking.

Many times you will be telling yourself that all you want is one puff.

That's a little lie smokers tell themselves. You want your usual amount, not one puff.

Remember you will always smoke your minimum. Your minimum is not a puff. Your minimum is the amount you've always smoked.

Choice

You have two choices. You can either smoke for as long as you live, or you can choose to accept and welcome temporary discomfort and get all the benefits of not smoking.

Handling Your Desire

The following page has a key ingredient to not smoking; it's called "foundation and choice".

Whenever you want to smoke, use it - and like magic, the desire to smoke will dissipate. When the desire comes back, use it again. Always handle the desire to smoke with the foundation and choice.

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FOUNDATION AND CHOICE

Say the foundation and choice to yourself each time you have a desire to smoke.

The foundation and choice comprises 3 parts.

- 1) A foundation statement and
- 2) A choice "not to smoke" (which is temporary discomfort) or
- 3) A choice "to smoke"

First Say the Foundation:

I want to smoke

I can smoke

But I know, one puff and it's all over so...

And then Say Your Choice:

I choose for the moment to welcome temporary discomfort and have:

(These are examples – use at least 5 of your own...and change them often)

- 1) I want better health
- 2) I want to quit wasting money
- 3) I want clean smelling hair and clothes
- 4) I no longer want the distraction it causes
- 5) I no longer want smoker's breath

or

I choose to smoke for as long as I live. (Go ahead and smoke at this time and quit the program. As soon as possible, read page 2 of the Prolog at the beginning of this lesson)

Memorize the Foundation and Choice

You will be using it whenever you have a desire to smoke. Making a free will choice to endure and welcome discomfort keeps you from smoking and helps dissipate the desire.

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More on Choice

No one can make choices for you. No one can decide to improve your life for you. No one can decide for you to accept temporary discomfort to get a better life. Only you can do that. Nor can anyone, or anything, make you smoke. Again only you can do that. But you do have the choice to do either.

Unconscious Smoking

As a smoker you smoked unconsciously because one puff really doesn't mean anything. It's only another puff. However, when you are stopping smoking, "One puff and it's all over" has special meaning. In other words one puff and you ruin your life. Now there's no way you can ruin your life without knowing about it. Remember, from now on because of what you have learned, you cannot just go ahead and smoke without awareness of what you are doing.

Relating To Others

When you see other people smoking tell yourself, "I can choose to smoke, too." If someone asks you if you've stopped smoking, take out what you smoke and tell them, "I'm not smoking at the moment." Always depend on yourself. Discussing smoking with others is not a good idea at this time.

Irritability

Irritability can have two causes. First you may be feeling that you can't smoke. If so, you are not taking personal responsibility for your actions. Or secondly, you may be acting as if someone else is stopping you from smoking and causing your discomfort.

The fact is that you can smoke. No one is making you stop. Remind yourself you chose to stop smoking for the benefits you would derive.

Handling Irritability

Use the same guidelines you used for substitutions, avoidances and changes (SAC's).

- Notice everything you say and do.
- Ask yourself, would I be acting this way now or doing this now if I were smoking?

When in doubt assume its irritability. You need to accept responsibility for your irritability and not blame it on someone else. Use the Foundation and Choice to dissipate it; chances are you are suppressing your desire to smoke.

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SAC's

- Substitutions Using food, gum or beverages in place of smoking.
- Avoidances Avoiding situations or people in which you know you want to smoke.
- Changes Changing your life around completely (moving, remodeling, quitting your job, etc.)

What Else SAC'S Do

SAC's prolong and intensify your temporary discomfort after stopping smoking. You will notice discomfort and will want to use a SAC to diminish it. The discomfort will only last approximately 48 to 60 hours (2 to 3 days) from the time it starts, provided you accept it and let yourself experience it.

However, a SAC is a refusal to accept your temporary discomfort. The result is that you will prolong and intensify the discomfort if you refuse to accept and welcome it.

How To Tell If Something Is a SAC

Because SAC's are so dangerous you need to learn how to deal with them. The fact is that if you do even one SAC you may end up smoking again.

So First Let's Learn How to Recognize SACs.

1) Notice everything and be very aware:

During the next few days you may have increased desires to eat, drink, sleep, or get busy.

You will notice you have more energy almost immediately after cessation of smoking. Do not dissipate that new energy cleaning, running, visiting or talking. Do what you would normally do at that time and just be glad you feel better.

Your desires to smoke will either come out as desire to smoke or as a desire to do SAC's.

For the next few days you need to be constantly aware of everything.

If in doubt, it's a SAC !

Handle your desire to smoke with the foundation and choice instead of doing SAC's.

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2) Would I do this if I were smoking?

In other words make all your decisions on the basis of what you would be doing if you were smoking. Especially with eating and beverages. Do NOT make eating decisions on the basis of hunger. Considering that your hunger could very well increase, you need to make your decisions on the basis of what you would be eating if you were smoking. The goal here is to accept the hunger as part of your temporary withdrawal. Hunger pains won't hurt you.

3) When in doubt assume it's a SAC

If you have a reasonable doubt you are better off safe than sorry. So when in doubt make your errors on the side of safety and assume it is a SAC This is very important especially when it comes to food or thirst.

Handling SAC'S

The secret to handling these increased desires to eat or drink is to handle them exactly as you would a desire to smoke. In other words you need to make a choice. You can use the Foundation and Choice...I want a candy bar and I can have a candy bar, but I know I would just be substituting, so for the moment I'm going to welcome temporary discomfort and have my benefits... etc.

The worst mistake you could make is to not accept your discomfort and also to not smoke (repression). It's one or the other. If you accept your discomfort you will get your benefits of not smoking.

On the other hand if you refuse to recognize your desire to do SAC's you will:

- 1) Make your discomfort worse
- 2) End up smoking.

Facing Your Problem

The fact of the matter is you have a choice that you cannot escape. That choice is to accept your temporary discomfort and get the benefits you want or smoke for as long as you live. You cannot get away from that choice. The sooner you face it the better it is for you.

The Value of Temporary Discomfort

The secret to really stopping smoking is accepting and welcoming temporary discomfort. The reason is because you will get so much benefit from it.

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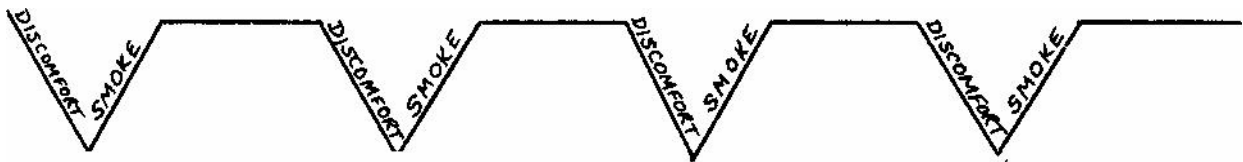
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Why You Smoke

The following chart shows a typical cycle of a typical smoker. They cycle between discomfort and smoking. While smoking they begin to feel relief from their discomfort. Soon after smoking, they will feel discomfort again and will seek relief with more smoking. This is a continuous cycle. Notice that they NEVER have pleasure from smoking, only RELIEF from discomfort.

Here's a graphic showing the concept of relieving discomfort with smoke:



No Discomfort example:

A lack of discomfort will allow you to work. After a while discomfort will cause a smoker to want to go outside and smoke. Unfortunately, withdrawal symptoms begin almost immediately after finishing smoking.

Neutral: No Discomfort

Smoking relieves discomfort briefly while smoking and for a few minutes afterwards. Soon discomfort returns, and the cycle starts again. This goes on hour after hour, day after day, year after year, and never stops.

Discomfort from wanting to smoke.

When discomfort gets bad enough, smokers smoke. They don't have the Foundation and Choice to counteract the discomfort, so there is no alternative to smoking.

It is uncomfortable for you to "want to smoke". So, to relieve the discomfort of wanting to smoke, you smoke. You are not getting pleasure from smoking. What you are doing is relieving the uncomfortable feeling of having a desire to smoke. And then you may call the feeling of relief a pleasure. However, the fact is, relief is not a pleasure. Relief is merely a neutral state. Truthfully, you are not getting any pleasure by smoking.

Let's take this further. Every desire to smoke is actually bound with an experience of discomfort that develops almost immediately after smoking.

The fact of the matter is that as a smoker you are uncomfortable all day. And you have been uncomfortable for all the years that you've been smoking.

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It was your refusal to accept temporary discomfort that was causing you to smoke. But it doesn't have to stay that way. Because now you can accept temporary discomfort in a positive way, and get the benefits you are looking for.

The Next 24 Hours

You have made a choice not to smoke and now you know how to handle your desire to smoke. You know what to say to yourself (foundation and choice) and you know what to do (avoid SAC's).

Continue to carry whatever it is you smoke with you wherever you go. You can't choose not to smoke if you don't have anything to smoke. Do not worry about having them near you; your desire to smoke will be the same whether they are with you are not. The main difference is your ability to make a choice, and the power you derive from that choice.

During the next 24 hours, handle each and every desire to smoke with the foundation and choice and avoid SAC's.

If you do not have a desire to smoke, hold in your hand whatever you smoke to create a desire and then dissipate it with the smoker's foundation and choice.

Do not be surprised if you need to return to the foundation and choice very soon after reciting it during the first few days. Remember, as long as you are using the foundation and choice to handle your desire to smoke you are NOT smoking.

Expect discomfort and handle it in a healthy way.

This is the end of Lesson 3.

Review this lesson several times during the next 24 hours. Review any other lessons that would be helpful to you at this time. Begin Lesson 4 at your usual start time.