

Stop It For Life[®]

Smoking Cessation Program[©]

LESSON 4

(1 of 4)

Lesson 4 Comprises 5 Pages

- Be sure and start Lesson 4 at or near your selected start time.
- Review Lesson 4 several times during the next 24 hour period until you understand it thoroughly.
- Be sure and not move ahead to Lesson 5 until the next day at your selected time.
- Use your foundation and choice to not smoke during the 24 hours of Lesson 4, also be sure you acknowledge your desire to smoke. If you have no desire to smoke, create a desire and dissipate it with the foundation and choice.
- Avoid SAC's.
- 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 start Lesson.4

It is important to review Lesson 3
as necessary with Lesson 4

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LESSON 4

(2 of 4)

Temporary Withdrawal

Temporary withdrawal is a negative reaction to stopping smoking. The reaction occurs because of a combination of factors.

- 1) Your body is going through healthy changes that are uncomfortable at first.
- 2) Attempts to repress the desires to smoke and having the feeling that you can't smoke can cause withdrawal discomfort.
- 3) Your initial resistance to experiencing discomfort tends to aggravate the discomfort.
- 4) The stories that you've been telling yourself about smoking and stopping smoking may tend to wear down your motivation to stop.

What Happens In Temporary Withdrawal and Why It Ends

Besides the initial disorientation and discomfort, you may through go deep conflicts of deciding whether to accept and welcome discomfort or smoke. These conflicts occur frequently and can last for hours. There are many times that you will feel that you are just barely getting through it. At these times it is important to realize that what you are doing is working your way through the normal delusions that every junkie feeds him or herself about continuing or stopping.

The answer again is to accept and welcome your conflict. The reason that this conflict is so difficult is because your mind can make you believe your own delusions about the "joys" of smoking. However as you work at it you will be able to see through the delusions, and realize that you really are getting nothing from smoking.

Your other problem will basically be developing a total acceptance of your desire to smoke and your choice. At this time you haven't totally developed that acceptance and will also still tend to feel like you CAN'T smoke and that you HAVE to stop.

This is why temporary withdrawal does not end in just one day. It is important that you do not rest on your laurels at this time. Remember you still have another day or two of temporary withdrawal discomfort. And you need to welcome that discomfort because it is your means to a better life.

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LESSON 4

(3 of 4)

Also for some people, the second day is more difficult than the first. The reason is because the first day the real heavy desires to smoke might not come out. Again you will need to take a positive approach towards your discomfort. It's a good idea to keep in mind that temporary withdrawal is better than the permanent state of sickness, death and self-disgust caused by smoking.

Your Choice

You do not have to accept the discomfort that you are in. You can choose to reject this temporary withdrawal and smoke for the rest of your life. The fact is that smoking for the rest of your life is a lot more uncomfortable than temporary withdrawal. However only you can choose to do something good for yourself by accepting and welcoming your temporary withdrawal.

Remember when you started this program you were not capable of making the choice to stop smoking and carrying that choice out.

What It's Really All About

Well, now you know the truth. You're a junkie. In every way, shape and form you are addicted to smoking. Not because of the nicotine or other substances, but because of what you've done to your own mind. So the issue is what are you going to do about it? You always will be a junkie. It's just a matter of whether you become an ex-smoker or go back to being a smoker.

The nice thing about it is - now you've got everything you need to become a successful ex-smoker.

Delusions

As a smoker you will always delude yourself about smoking and stopping smoking. There is a reason why you tell yourself these little lies. The reason is because it is uncomfortable to stop smoking. So to avoid dealing with the discomfort you delude yourself about smoking and stopping smoking. In other words to avoid dealing with discomfort you lie to yourself. And that does not help you. Because what you really get out of smoking are three things:

- 1) Sickness There is no such thing as a healthy smoker. It is impossible to be healthy and smoke.
- 2) Death Smokers die early. Smokers do not live as long as those who don't smoke.

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LESSON 4

(4 of 4)

- 3) Self-Disgust You are disgusted with smoking because of what it is doing to you, and you are disgusted with yourself for doing it. And the only person to blame for your smoking is you.

The Price of Delusions

Once you scrape all the delusions away, you find that what you are really getting from smoking is sickness, death and self-disgust. A refusal to accept temporary withdrawal will ruin your life, your health, and your mind.

The fact of the matter is that a refusal to accept, welcome and deal with the temporary discomfort of stopping smoking will bring you more discomfort.

You Made the Right Choice

Fortunately for you, because of your choice, you can have better health and all the other personal reasons you claimed were important to you.

Be sure and review your reasons often, they will help you remember how far you have come. Congratulations on your progress so far.

This is the end of Lesson 4

You are now more aware of the reasons you have smoked and why smoking had such a hold on you. Use the foundation and choice whenever you desire to smoke.

Avoid SAC's; look for them constantly and if you are in one, stop as soon as you realize it.

If you become irritable, apologize to the people around you and do a foundation and choice as soon as possible.

Review Lesson 3 and 4 several times during the next 24 hours.