

Stop It For Life[®]

Smoking Cessation Program[©]

Lesson 5

(1 of 3)

Lesson 5 is Comprised of 3 Pages

- Be sure and start Lesson 5 at or near the time you selected.
- Review Lesson 5 several times during the next 24 hour period until you understand it thoroughly.
- If you have no desire to smoke, create a desire and dissipate it with the foundation and choice.
- Avoid SAC's
- Don't be irritable, make a choice to welcome discomfort
- 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.
- Carry whatever you smoke with you at all times so you have can make a choice not to smoke – extremely important.
- Turn the Page when you are ready to start Lesson 5.

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You are near the end of your temporary discomfort

2 to 3 days is about all it takes to get to this point. In the future, as it subsides even more, you may decide you have a handle on your smoking. You may even think you can take a puff once in a while and get away with it. Please don't deceive yourself with that kind of thinking.

Remember, your mind is also going through physical withdrawal, just as every other part of your body is. The difference is your mind knows how to remove temporary discomfort, whereas the rest of your body has no choice. Your mind can create fuzzy logic that no person or program can refute, no matter how hard they try. Your best defense is to be aware. If for any reason you decide it's okay to have a puff once in a while, realize it's a mind game, and it's a game you will lose.

One Puff and It's All Over

It is very important to understand that once you take one puff you are a smoker again. If you take even one puff, we suggest for you to wait until you are back to smoking your minimum for at least 30 days before you to repeat the Program. This is the best way for you to have any chance of stopping smoking again.

Also, you would be greatly mistaken to think there are any "magic tricks" to reverse the action of your taking a puff. If you take a puff, you are no longer off smoking. The best way to handle a puff is to go off the program for 30 days.

Now, you may wonder why 30 days, why not just jump back into the program? What's one little puff? Well, it leads to another puff and then another. You see, there is no such thing as occasional, social or casual smoking for you. Your mind doesn't work that way. Once it's ok to jump back and forth between smoking and choosing not to smoke, you are no longer on the program. You're not handling your desire to smoke and you're not enduring discomfort in exchange for your personal benefits.

Please realize that "one puff and it's all over" really means "one puff and it's all over". And you would be very foolish to risk your life, your health, and your well-being for one puff. On the other hand, if you accept and believe "one puff and it's all over", you will be able to make choices to stay free of smoking.

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False Confidence

A false confidence is the belief that you have it licked. The fact of the matter is you will never lick smoking. You are a junkie. And you will always be one. Which means you will always have desires to smoke and choices to make. You can be successful at not smoking. Provided you make use of what you've learned and make your choices to be smoke free.

Weight Gain

It's not necessary to gain weight when you stop smoking. If you have any noticeable weight gain, chances are you are substituting food or drink for smoking. Whenever you want to eat, be sure it's at a time and in an amount appropriate for you. All inappropriate eating can be handled with a foundation and choice. What you really want is smoke and you are avoiding it with a SAC.

Review your Lessons

From time to time it is a good idea to review your lessons to be sure you are applying all the concepts you have learned.

Years will go by

It's only been a few days, but the change in your life is dramatic and you will continue to receive benefit from your choice to not smoke for years to come.

Now What

You have the tools to continue not smoking forever. But the choice is always yours to make. Use the Foundation and Choice – it's very important.

From time to time, it's a good idea to read the program from cover to cover to refresh yourself and be sure you are using all the tools to stop and stay off smoke.

Also, you can share this program with others. Please have them visit www.StopItForLife.com or email their request to Support@StopItForLife.

Your Feedback is also appreciated.

The Ex-Smokers at Stop It For Life