

Stop Smoking

Quantum Mind Energy

The world's most unused personal energy source
Your mind can change your life and you will stop smoking

Serving Australians since 1987



Graham M Killoran
CONSULTING PSYCHOLOGIST



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Consultation via email or phone - by appointment and prior arrangement only

stop smoking for life unlearn the habit-stop permanently

Your mind is your life

Change your thinking

Change your behaviour

Change your life

Deal with feelings



Retrain
the brain

Graham M Killoran

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A FRESH START

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CONGRATULATIONS!

You have just made the most important decision of your life...and that's to stop smoking. Some say that it's not difficult to stop smoking, indeed author Mark Twain said it was **actually** easy; he had done it a thousand times.

WE ARE GOING TO HELP YOU DO IS TO BECOME A PERMANENT NON-SMOKER. We would like to tell you that this would not require any effort on your part but this would simply not be true. What we can promise though is to **make it easier**. If you are like 80% of other smokers, you have made at least one attempt to stop smoking and failed. You know just how hard it can be. Failure reinforces within you the view that you can't stop.

Graham Killoran has developed the oxygen "substitution method" ©® for stopping smoking and it is summarized as follows;

The Oxygen Substitution Method - beginning the process of change.

Permanent change in the human condition requires relearning i.e. we must re-educate our body and mind. This will take a period of time. To become a non-smoker we first teach our body and mind to turn on to oxygen whenever the nicotine craving or need occurs. So initially we will teach you the **"oxygen substitution"** technique to kick start the re-learning process. Once this process begins your body will begin to be less rewarded by nicotine and will seek and receive more oxygen instead. The body will then begin to reject and get rid of nicotine products from it. The immune function will be enhanced. The stopping smoking permanently process has then begun. Hypnosis is one tool that can be used to help change your smoking behavior and can be used to reinforce the oxygen substitution method.

Nicotine addiction is both physically and psychologically once our brain is retrained to no longer want nicotine the physical addiction passes within 72 hours. It is the psychological dependence on cigarettes which is more difficult to overcome. This is the area in which we will provide focus and assistance to you. From the outset it is important to understand however that there is no miracle cure and stopping will take effort on your part. Just how much effort depends on you?

The good news is that most ex-smokers who stopped using hypnosis alone or **hypnosis incorporating "oxygen substitution"** say that they found it to be surprisingly easy.

One of the first things to remember is that you were actually born a non-smoker. Smoking is an acquired additive habits and can be unlearned or "un-acquired".

Non-smoking behaviour can be learnt and smoking behaviour will cease.

We will help you accomplish this with a minimum of discomfort. **We will show you how to adopt the identity of a non-smoker.** This is an important part of the programme. If you have tried to stop smoking before and failed, you that will know that **"will power "** is not the answer. If you think of yourself as a smoker, to stop, is a battle. "Giving up "preoccupies your mind. For some it is a time of sacrifice and denial. You are fighting against an establish habit. No wonder you fail using **"will power "**.

Your programme will enable you to come to regard yourself as a non-smoker. Your thoughts and actions will simply **not** lend themselves to smoking. *Instead of being a natural habit, smoking will become the un-natural thing to do. In other words you will have kicked the psychological habit!*

HYPNOSIS RELEASES THE POWER OF YOUR DEEPER MIND IN CALM AND FOCUSED WAY.

You will begin to apply the calm and focused suggestions in your daily life.

You will experience a calming relaxing effect in your daily life.

You will begin to experience an absence of tension and a feeling of being in control. The effects of hypnosis in your treatment will have profound effects on both your mind and body. The calming effect is an antidote to stress. When you are relaxed your heart rate, blood pressure, and blood flow to the muscles and muscular tensions are all decreased. The exact opposite is going on in your body when you are under stress. Hypnosis has been found to produce the following benefits:

- *Your base level of tension is reduced. Tension is often a major cause of smoking in the first place.
- *You will become aware of your thoughts and actions, enabling you to identify the times when you are reaching for a cigarette simply through habit.
- *You will gain control, confidence and self-reliance in your life.

Relax
Relax

WITHDRAWAL - THE ROAD TO RECOVERY When you become a non-smoker it is normal to experience some withdrawal symptoms. What they are will vary person to person. It is important to remember that these symptoms are actually symptoms of recovery. Remember that any unpleasant after effects of stopping are only temporary and actually signal the beginning of a new and healthier life. Using our approach you will become a non-smoker over a period, your body will have time to adjust; therefore your symptoms will be minimal.

You may experience some of these symptoms; you may experience none at all

Irritability: You may find yourself edgy and shorter - tempered than usual.

This is a temporary experience as you adjust to going without nicotine.

Dizziness: You may experience temporary dizziness, for a few moments, in the first two or three days. This is only because you are now absorbing more oxygen through your lung than your body is accustomed to.

Coughing: As the cilia, the tiny hairs in the lungs, are rejuvenated they start the job of cleaning your bronchial tubes. This can cause increased coughing and phlegm.

Constipation: It is common to experience constipation for a brief time after you quit smoking.

Eating fiber foods and drinking plenty of water can alleviate these fluids.

Tremor and Perspiration: You may experience a slight trembling in your hands along with perspiration.

It's also common to feel somewhat disorientated. These are simply signs of withdrawal.

Sore Throat: It is common to experience a sore throat when you stop smoking. This is because cigarette smoke often disguises throat irritations.

Sleep Disturbance: This common withdrawal symptom. Remember when you stop smoking your energy levels increase and you may, in fact, not require as much sleep.

IMMEDIATE BENEFITS

Just 12 hours after you have had your last cigarette your body begins to heal.

The level of carbon monoxide in your system decreases rapidly and your heart and lungs begin to repair the damage caused by cigarette smoke. Within a matter of days you will begin to really notice some of the following benefits:

You will discover you have more energy and vitality. You are able to breathe easier.

You are capable of more physical exertion without becoming winded or dizzy.

You will discover that food tastes better, you are looking more attractive and more than anything else, enjoying the freedom from the tyranny of cigarettes.

Make a mental list of the advantages of stopping smoking:

- * You are reducing the risk of developing cigarette-related diseases, which include lung cancer, coronary heart disease, bronchitis and emphysema.
- * You are recovering your self-respect.
- * You are not putting your children or other family members at risk.
- * You are saving money.
- * You no longer have to worry about the social disapproval associated with being a smoker.
- * You are enjoying better health.
- * You are looking more attractive.
- * You are more able to enjoy sports and appreciate food and drink.
- * You are no longer polluting your own environment and that of others around you.

WEIGHT CONTROL

It is not unusual to put on weight temporarily after you stop smoking.

This is, in fact, a reason many people offer for continuing to smoke or for starting again. Remember it is always easier to lose unwanted weight than it is to stop smoking again. After you have stopped smoking food often begins to taste better and it's very easy to over eat. You may also find yourself sitting around the dinner table with nothing to do when previously you would have had a cigarette. To avoid taking second helpings ensure you leave the table when you have finished eating. Ask for smaller portions on your plate and eat slowly which will give you more of a sensation of fullness. Realize that you may have a tendency to be eating more, so make a conscious decision to leave a small amount

(a symbol of control) on your plate. At the same time make a conscious decision to eat less of those foods, which you know, are fattening. You may also find you have a desire to put something in your mouth to replace the cigarette which used to be there. If you are worried about your weight stay away from sweets. Carry sugarless gum or artificially sweetened lollies. Keep plenty of raw vegetable and low calorie foodstuffs on hand. One aid to quitting smoking is a chewing gum, which is available on doctor's prescription. The brand name is Nicorette. This gum contains the Nicotine resin which is released and absorbed through the lining of the mouth. The N.S.W. State Cancer Council recommends that anti-smoking therapy be also

Recovery

Recovery

Benefits

Benefits

Weight Control

Weight Control

required in addition to the use of the gum. Unlearning the habit is essential for long term success. Other important factors in the management of your weight in addition to sensible eating habits are regular appropriate exercise and water intake (2 liters / day).

Exercise burns up calories and water has recently been recognized as having appetite suppressant effects. Water has also been found to assist the liver to function and metabolize fat more efficiently. Remember you will be enjoying more energy and vitality than you were previously so exercising should not sound quite so formidable.

With any exercise programme you should start slowly and find a level of activity that suits your stamina and lifestyle.

KEEPING PERSPECTIVE

One of the important things to remember when you stop smoking is that it is probably not the most difficult thing you have ever attempted. Keep what you are doing in perspective.

During your lifetime you have been confronted with numerous challenges which you have successfully met. Stopping smoking is yet another.

Try to maintain a cheerful and confident outlook. Remember what you are achieving for yourself. The benefits of not smoking far outweigh any dubious pleasures of continuing.

The physical and psychological rewards of not smoking are too numerous to list.

Keep these rewards in sight and dwell on what you are achieving at any time when you might feel inclined to break your resolve. Your programme from Killoran & Associates will enable you to do this simply and effectively.

Enjoy your fresh start.

When you stop smoking there are a number of things you can do to minimize any unpleasant side effects and these are;

- 1) Get enough rest so that you are at your best physically and mentally.
- 2) Drink lots of fluids. Water will increase your circulation, stimulate digestion and flush the nicotine from your system. Milk is said to help soothe your nerves. Fruit juice will give you a quick energy boost when you need one.
- 3) Begin a habit of regular exercise.
- 4) In the initial stages eat foods which are high in complex carbohydrates to give you more energy. When you first stop smoking you may feel listless because you are missing the " hit " that nicotine provides. If you feel you are lacking energy it is actually your mind and body learning to relax. Within no time at all you will be enjoying abundant energy.
- 5) Always keep uppermost in your mind the benefits of being a non-smoker.

ADOPT BEHAVIOURS TO HELP THE PROCESS OF STOPPING SMOKING.

There are a number of things you can do to make your conscious and sub-conscious decision to stop smoking an easier one. Firstly identify the times when you have the strongest desire to smoke.

This might be;

- * First thing in the morning.
- * When drinking tea or coffee.
- * While drinking alcohol.
- * After a meal.
- * When you feel tense or anxious.
- * Watching television.
- * On the telephone.
- * After finishing a chore.
- * When you are reading or at your desk.

If you are aware of the times when you have the strongest urge to smoke you can safeguard against the added temptation simply by being aware of the fact or by making certain adjustments to your routine.

It might, for example be advisable to cut down on your tea and coffee consumption if you associate these with cigarettes. The same applies to alcohol.

Remember alcohol is particularly dangerous because it can weaken your resolve at this time.

If you have previously reached for a cigarette when you feel yourself becoming tense or anxious, take deep breathes to trigger the mind and body into a calm state. Practice with your in-home hypnosis tape will quickly establish your capacity for instant calm. Use it frequently! With practice, deep breathing will have an automatic relaxing effect and provide additional strength when you need it.

If you are used to smoking after a meal, leave the dinner table immediately and go for a walk instead. These small changes in your routine make not smoking that much easier.

mind energy - the most unused power on the planet

IN SUMMARY: Hypnosis will enable **you** to calm **your** mind and body and focus on new ways of responding that will enable **you** to change into a non-smoker permanently. You will train your body to reject cigarette toxins and at the same time you will adopt a non-smoking attitude.

Research has consistently shown that permanent change to habits must take place gently over time. Becoming a non-smoker in this way will avoid the physical and emotional shock of suddenly "giving up" using "cold turkey" approaches.

Logically, going "cold turkey" is not a relearning process and therefore is often not long lasting.

Habits, such as smoking, are repetitious behavioural patterns which are no longer consciously triggered and are not easily changed by a simple conscious decision to do so. The habit behaviour must be changed at the sub-conscious level.

The learned addictive habit behaviour can be and must be unlearned for stop smoking to be complete. Once the unlearning begins the body will begin the process of getting rid of toxins and the healing process takes over. Graham has devised a method he calls "oxygen substitution" which will help the sub-conscious turn off the habit permanently.

SMOKING FACTORS QUESTIONNAIRE

For Determining Predominant Smoking Factors

Answer each question as follows: 1) = Never 2) = Seldom 3) = Occasionally
4) = Frequently 5) = Always

- | | 1 | 2 | 3 | 4 | 5 |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| A) I smoke cigarettes to keep myself from slowing down? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| B) Handling a cigarette is part of the enjoyment of smoking? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| C) Smoking cigarettes is pleasant and relaxing? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| D) I light up when I feel angry about something? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| E) When out of cigarettes, I find it almost unbearable until I can get them again? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| F) I smoke automatically without ever being aware of it? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| G) I smoke to stimulate me, to perk me up? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| H) Part of the enjoyment comes from the steps I take to light a cigarette? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I) I find cigarettes pleasurable? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| J) When I feel uncomfortable or upset, I have a cigarette? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| K) When I am not smoking I am very self-aware of that fact? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| L) I light another not realizing I still have one burning? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| M) I smoke cigarettes to give me a lift? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| N) Part of the enjoyment is watching the smoke? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| O) I want a cigarette most when comfortable and relaxed? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| P) I smoke cigarettes when I feel depressed or to take my mind off my cares and worries? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Q) I get a strong urge to smoke when I haven't smoked for a while? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| R) I've found a cigarette in my mouth and did not remember putting it there? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

SCORING - SMOKING FACTORS QUESTIONNAIRE

FACTOR 1 - Stimulation A____ + G____ + M____ = ____
 FACTOR 2 - Handling B____ + H____ + N____ = ____
 FACTOR 3 - Relaxation C____ + I____ + O____ = ____
 FACTOR 4 - Tension D____ + J____ + P____ = ____
 FACTOR 5 - Addiction E____ + K____ + Q____ = ____
 FACTOR 6 - Habit F____ + L____ + R____ = ____

Scores of 11+ on any one factor are High (max 15) Scores of 7-10 are low..... graham@mypsychologist.com.au

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Smoking Factors

Smoking Factors