



The Maine Center for Hypnosis & Hypnotherapy

A division of WebWideWizardry.com

Hello and Welcome. This brief note is to reconfirm that you and I will be working together on the following date and time.

Appointment Date & Time: _____
Purpose for Visit: Stop Smoking . . . FOREVER!
Cost: \$100.00

Within my brochure are the directions to my office (and home), so please reference them or give me a call if you have any questions on finding me the first time. My other half's business sign "Gary's Garage" is easily seen in the event you do not see my sign. You are more than welcome to bring a guest/friend with you. We will be together approximately one and a half to two hours, so please plan your time accordingly. If you have someone that wishes to participate in this session with you, the per person cost will be reduced, however, I need to know ahead of time.

In any session I do not move forward until you are comfortable and ready, and the first time together you will be listening to a 20-minute orientation recording. It allows an excellent, non-threatening way for you to understand the hypnosis process. The actual session is live and specifically tailored to your needs and issues.

In the event there are any smokers in your vehicle, I ask that they please keep all smoking materials, including stubbed out cigarettes, within the confines of your vehicle.

Please, if for any reason you find that you must reschedule or cancel, call me. A \$25 fee will be invoiced to your attention if you fail to show without calling. My driveway is rather long, so in inclement weather, please exercise caution.

Please feel free to bring a beverage along if you'd like. This is a very casual setting, and I want you to be as comfortable and relaxed as possible.

Also enclosed is a very important "punch list for quitting" - read it completely and make it a part of the quitting strategy. There is also informational material as well as a form that I need you to fill out and bring with you. I look forward to our time together and I look forward to your victory.

Most sincerely,

Jacquelyn Kahn, R.Hy
Certified Clinical Hypnotherapist

664 Bakerstown Road, Poland ME 04274 | 207-650-7069 | jkahn829@aol.com

STOP SMOKING PUNCH LIST - PREPARATION BASICS to INCORPORATE HYPNOSIS IN YOUR QUIT STRATEGY

- A date and time must be set for the smoking cessation session - between this moment and then - you need to start a mental preparation, a countdown so to speak. I don't have a problem if you continue to smoke (but be aware of every cigarette you smoke) between now and the day before you quit - but the morning of quitting, wake up with the attitude that **THIS IS THE DAY I QUIT!**
- Either consider a full nicotine replacement replacement therapy (i.e. patch, gum) program to start the day we work together, or to have a small supply of patches or gum on hand "just in case" a bad day or a moment prove to be a little more difficult than it should be. Quitting is hard enough . . . so don't do it the hard way - fight this particular war with everything that you can avail yourself of.
- If you're quitting at the same time a partner is - I'm going to suggest something callous: It's every man or woman for themselves. Quit for the right reasons, quit for yourself. Don't allow the excuse of a partner having a slip to be your permission to slip. This isn't a kid's game. A partner can be terrific support - but they can also be a reminder of the places and times you each would light up together. You need to alter those circumstances.
- Altering circumstances - changing routines - discombobulating your day - are all things I want you to do. It's natural to be on auto pilot. Get out of bed, pad to the kitchen, reach for the coffee cup and the pack of cigarettes all without thinking. If that's not your specific routine, I'm sure you can describe one equally as "routine". Change the sequence of events, move the coffee pot to a different counter, drink out of a different mug, face a different way at the table - heck, sit in a different room. If normally you might have a cigarette right after a meal - plan a "plan of attack" - immediately get up from the table and do something else. Don't allow the old routines, as they become triggers to cravings. Think for a moment, if you burn a finger on the stove or something else hot, it hurts like the devil and can hurt for quite a while. If you get a distraction, the pain disappears. The mind is an extraordinary thing - use it to your advantage. Plan out your strategy for keeping your routines non-routine - until you establish new and comfortable routines that are sans smoking.
- Clean your house and car of any and all cigarette stash and smoking related items, like ashtrays, lighters, etc. I'm not suggesting you destroy the smoking related items, unless you want to - just get them out of sight. Cigarettes are a different story - destroy every single one of them. If you pass them on to a friend, you're not doing them any favors. Do not have any cigarettes, whole or otherwise, where they can be found.
- I mentioned coffee earlier - it is a stimulant and it can be associated with smoking. If you alter your circumstances enough when you're drinking coffee, it should be a non-problem. It is your judgement call. Alcohol is a different story - it can undermine someone's good efforts in no time at all. You're an adult - so you're the one that has to live with your choices and decisions.
- Create coping mechanisms to distract you; crossword puzzles, books on tape, anything that can eat up time and keep your mind busy.
- Lastly - keep your guard up. When working with groups, we learned the cigarette they thought would be the hardest to give up - ended up being their easiest. The incidental cigarette, however, caught them *off guard* . . . and they're guard was down. A recovering alcoholic has learned the hard lesson that you cannot have just one, and they constantly keep their guard up. Giving up cigarettes are no different. Until you get accustomed to what is easy for you - and what is not, you take each step carefully, as if walking on thin ice. If you get careless, you might stumble.

I've worked with too many people for close to 20 years, including my close work with Tobacco Free L/A and CMMC - quitting can be done, and probably a whole lot easier than you might be fearing. Get yourself in the right frame of mind. That doesn't mean there won't be a bad day from time to time . . . but that's all a part of life . . . and quitting smoking is all about the rest of your life. Good Luck!!!

YOUR QUIT DATE IS: _____

Jacquelyn Kahn, R. Hy
Certified Clinical Hypnotherapist
The Maine Center for Hypnosis
664 Bakerstown Road, Poland, Maine 04274
Phone: 207-650-7069 Fax: 207-998-3001
E-Mail: jkahn829@aol.com Web Site: www.webwidewizardry.com