

WHY HYPNOTHERAPY WORKS BEST AND HOW!

Sometimes smokers can quit 'cold turkey' without assistance from external sources, not because they have more 'willpower', but because the reasons they started smoking were not borne out of a need to quell negative emotions/feelings.

Direct suggestions to quit smoking while a client is in hypnosis is widely known to help some people become non-smokers and this is the approach of Hypnotists. And sometimes it works and sometimes it doesn't and sometimes it is permanent and sometimes it is not; OFTEN the habit migrates to become another habit (eg. overeating).

HYPNOTHERAPISTS however are trained to help you find the root-cause and to dissolve it safely and permanently WITH THE USE OF HYPNOSIS so the root-cause doesn't percolate up as yet another habit later.

Hypnotherapy is widely known to be successful in assisting a smoking client to be permanently healed of nicotine addiction without the client resorting to a substitute habit, becoming dependent on substitute pharmaceuticals or having to waste energy 'coping' with the urge in the myriad of ways offered out there.

There is no point in trying to eliminate all of the 'triggers' of the feelings driving an addiction/habit or spending considerable energy struggling to avoid a cigarette if the subconscious beliefs that drive the urge for relief are not brought into line with the client's conscious decision not to smoke.

HYPNOTHERAPY IS NOT ABOUT HELPING A PERSON TO 'COPE' WITH A HABIT THEY DO NOT DESIRE BECAUSE COPING IS REALLY ANOTHER FORM OF ENSLAVEMENT – that is, instead of being enslaved to the cigarette, it's to cigarette avoidance or to the pharmaceutical sold at significant expense. Even if the coping strategies work for a while, the root-cause will eventually find expression in a new habit. Hypnotherapy is about eliminating the root-cause of smoking, so energy is not wasted on the issue at all.

Hypnotherapy's role in smoking cessation is to assist the client to end the disagreement between the conscious mind which says "*I know it's a smelly, unhealthy, socially unacceptable habit and I really want to quit now because besides ruining my health and prematurely ending my life, it is expensive*",... and the subconscious mind which says "*Oh no you don't, you've got these butterflies in your stomach, your anxiety and feelings of shame are overwhelming, you have all these feelings that need to be covered up; you can't quit now*". In other words, "you want to quit, but you can't".

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