

Preparation Checklist

1. It is an important part of the process to listen to the enclosed CD prior to your session. Tracks one and two will tell you more about how I work.
2. Track three of the CD is a self-hypnosis session for relaxation. Listen several times, lying down in a quiet room, and preferably using headphones. Your feedback will help me to personalise your session.
3. Complete both sides of the enclosed questionnaire and bring it to your appointment.
4. On the day of your consultation be absolutely sure and committed that this is the day you **will** stop smoking. Remove ashtrays and dispose of any cigarettes and tobacco; having some left over '*just in case*' gives your subconscious permission to ignore the session.
5. A very simple way to make stopping easier is by changing your routine slightly or moving things around. For example, if the first thing you do in the morning is to switch on the kettle and light up, change your routine by having a glass of water first thing. If you smoke in your car, take a bottle of water or change what you listen to.
6. Hypnosis should be relied upon to work without other stop smoking aids such as nicotine replacement or medication. These should be stopped before your session. Please consult your GP before stopping any prescribed medication.
7. Do not drink alcohol in the 12 hours before your appointment. Moderate your alcohol intake during the first few weeks following your session.
8. Narcotics may prevent the session working and should be out of your system for five days, please see Terms and Conditions.
9. If you are being pressurised into stopping by a medical professional or your loved ones, it may be best to delay your appointment until you decide that it is something you want to do for yourself. It is important that you are doing this of your own free will and in your own timescale.
10. If you feel that smoking is the 'only thing you do for you' then maybe the rebel within you needs a suitable reward. Plan in a 'selfish treat' to mark your success, such as indulging in your hobby, a pampering session or attending a special event.
11. Allow plenty of time to get to your appointment (and find a parking space), so that you can have a few minutes to relax before your session.
12. After Care Advice notes will be handed to you at the end of your session to help you maximise the benefits. Drinking plenty of water for the first 2 weeks will help rid the body of any toxins easily and comfortably.