

**From a mind over matter viewpoint, triggers become anchors that encourage the habit of smoking.**

**Triggers list:**

Not eating a meal (so meal replacement)	Getting up during intermission at an event
Finish a meal	Checking email
Get up from your desk	Feeling bored, tired, anxious
Certain times of the day	Talking on the telephone
Certain places	Angry or Stressed
Drinking tea or coffee (trigger includes aroma)	Watching TV
Sitting down to a beer, cocktail or glass of wine	Walking dog, walking alone
Driving in the car	Socializing (certain people can be triggers)

**There are times when close-to-nature snacks can become new, healthy anchors when the need for smoking arises.**

Carrot sticks      Celery      Nuts—all types      Other?

*Note that if you are a heavy smoker, smoking will burn up 200 calories a day--equivalent to one less McDonald's small fry, one soda (depending on what you drink)... Mindfulness is the key to success.*

**Additional options when the need for smoking arises:**

Flavored toothpicks (promotes digestion and candy or gum)	While you're walking, take deep breaths, focusing on how good the fresh air feels in your lungs.
Sipping ice-cold water through a straw	Taking deep breaths
Keeping your hands busy by squeezing a rubber ball	Driving different routes
Mental-type drops	Aroma-Aversion—mix ashtray remnants with water, smell (particularly for the first week)/follow-up with smelling how great you smell without cigarette smell on your skin, hair and clothes

**Habituation and Visualization... the Emotional Pull:**

Another reason why willpower diminishes is the cigarette symbolizes relief. The body is in fight or flight (due to craving, or other triggers) and the only perceived way to relax it is through smoking. Physiologically, it is a myth that smoking relaxes the body. Physiologically, in fight or flight, the digestion system and other organs essentially freeze so that energy can be dedicated to areas of the body that allow you to protect yourself. Through visualization, we learn to "see" the digestion system and other organs working in perfect order, relaxing the "need."

**Increasing Willpower:**

In addition to becoming aware of triggers, you must be getting enough sleep (six to eight hours), eating right, drinking enough water, exercising regularly (not necessarily intensely). This increases willpower to get through the first three days of changing that habit (and many other addictive patterns) and stop smoking permanently. Find a buddy to support you as you move through the challenge of changing your habit. Ask others to not smoke around you or leave the area where others are smoking. For the first three days, if possible, take vacation days, lighten your commitment load but not to the point of boredom, consider lots of healthy foods to munch on (see also close-to-nature snacks).



**Positive Hypnosis and connected Mind over Matter Techniques to collapse *Unwanted Patterns* using**  
 Positive Hypnosis - Self Hypnosis - Acupressure Hypnosis - Emotional Freedom Technique/EFT -  
 Neuro-Linguistic Programming/NLP – Writing/Journaling - Past Life Regression

**See Michelle, her books, radio and video interviews, sessions and workshops at [www.MichellePayton.com](http://www.MichellePayton.com).  
 Call: 828-681-1728 or Email: [MaMichellePayton@gmail.com](mailto:MaMichellePayton@gmail.com)  
 Fees on a Sliding Scale in Asheville, NC only unless otherwise announced (ask for details)**