

For those asking for help to quit smoking:

This was what was successful for me.

Addictions live in the subconscious mind. Habits are automatic. You are doing them before you know it. Therefore, you must make a conscious intervention on the subconscious mind. How do you do that?

First, list your M.O. (modus operandi) around your addiction. Where do you smoke? List all the places. Do you smoke while on the phone? In your car? Under shelter? Where do you keep your cigs?

Every time you can do something to change the routine, the subconscious routine, and bring it in to the conscious, you have a better chance of changing it.

I worked with a life coach for 5 days, two hours per day. We did relaxation, hypnosis, and role playing. I could smoke the entire time but he said by day five I would be done. Meanwhile...there were rules.

Put your smokes in the hardest place to get to: upstairs, in the basement, even in your car. Place them in a container, waaaaaay back in a corner covered with other things...someplace that is difficult to get to. This gives you time to change your mind. You can still smoke, but you are bringing your addiction into consciousness.

You must change where you smoke. If you smoke inside, you must now smoke outside and if you smoke outside, (everyone), you must smoke in an uncovered area. You may not smoke with anyone else. You may not smoke while you are on the phone, computer, iPad, etc. You may not smoke in your car.

Cravings are about craving sugar. See this article and I encourage you to research the connection between sugar craving and smoking withdrawal: https://whyquit.com/joel/Joel_03_21_blood_sugar.html

To deal with smoking cravings...have organic fruit juice on hand. It worked really well for me!!

Along with the shadow work, these are the things I did to stop a 36 year addiction to cigarettes. I paid \$450 to do it, it was the easiest quit I ever tried, and I did it in 3 days.

The main things to focus on are: changing your smoking routine to bring it into your consciousness, dealing with the cravings, and doing your shadow work.

Don't beat yourself up. Changing brands can help. Try Hestia (look online) for organic tobacco.

Good luck to all of you!

Holly Hakes Petersen