

You finished your pack of cigarettes last night, and have just had your morning coffee and proud of yourself - you didn't have the usual cigarette or two, with it.



Without any planning or thought, you find yourself putting on your shoes - and off to the corner store TO BUY SOME SMOKES.

OOPS!....WHAT HAPPENED? WHAT HAPPENED TO THAT WILLPOWER THAT WAS GOING TO WORK?

HERE IS A STRATEGY THAT DOES WORK.

1. **VISUALISE** yourself actually having a cigarette - see yourself lighting it, inhaling and having a puff, and tasting and smelling the aroma, and feeling the cigarette between your fingers. Conrary to common belief, using willpower and telling your brain NOT to smoke - doesn't work, for the simple reason that the Brain doesn't store negative instructions very well - but it does store positive instructions, into deep memory. What you have done here, is the same as with food cravings - you have tricked your brain into thinking that you have actually had a smoke.
2. Have a meal or snack, to give your body a sense of fulfillment and not craving for anything.
3. Close your eyes and lie down for at least 20 minutes.
4. **VISUALISE** yourself smoking again, a couple of minutes will do.
5. Have a drink of something, even water - to put something into your mouth, and help avert habit of having a smoke in your mouth.
6. This should last for a while - and when urge to have a smoke returns - quickly do a **VISUALISATION** - even a few seconds is enough.