



BECOMING A NON SMOKER



Smoking is perhaps the biggest cause of unnecessary pain, suffering and death in the western world. On average between 1986 and 2002 86,500 people died each year of a smoking related illness in England alone; people who are just like you or me. (These figures come from a Health Development Agency report published in November 2004).

Across the UK it is estimated that one quarter of female deaths and just over one third of male deaths from diseases associated with smoking were attributable to smoking. In terms of total deaths (all causes), approximately 23% (men) and 12% (women) are attributable to smoking.

So when we know there are so many good reasons to be a non-smoker, why on earth did we start (myself included)? We started for many reasons, but I find that when you break the reasons down into broad categories, there are really only three that count.

Did you start smoking from a desire to belong to a certain group?

Does smoking help you belong to a useful group now?

Did you start smoking to replace something in your life that you either lost or never had? (This can include relationship loss)

Does smoking still help to replace something that you may have lost years ago?

Did you start smoking to be a rebel? (i.e. to assert YOUR authority over your own life.)

Isn't it now the smoking that has authority in your life? How about rebelling against that?

For me it was the desire to belong to a larger group, the need to be accepted by my peers. For others, the reasons will in all likelihood, fall into one of the three groups; which one do you think most closely matches you?

Once started, smoking becomes just another one of those risk categories where we say, "It couldn't happen to me". We all know that there are dangers associated with driving the car, riding the train or flying on an aeroplane; even crossing the road. These are actions that we have to take each and every day and for a smoker, smoking falls into the same kind of category. "Yes" she might say to herself "I know there's a risk but it's probably not going to affect me. It is a deferred risk, something not immediately apparent.

As we continue learning to smoke and teaching the subconscious that having the by products of smoking in our bloodstream is an entirely normal thing, the damage is being done. The triggers (more about this in a moment) are being set and we find ourselves in position where we smoke, a little more until we reach a plateau of 20, 30, 40, perhaps even 60 cigarettes a day.

This level of smoking may feel entirely comfortable and normal to a person like you for years. Those triggers that I talked about are the associations you build between other daily events in your life and having a cigarette. The first cup of tea or coffee in the morning triggers the desire for a cigarette. That pint of beer or glass of wine in the pub may not, 'feel right' until you light up. These daily events are the triggers that fire your desire to smoke.

A smoker's health is always a concern; perhaps you get the occasional cold, may be even a touch of bronchitis in the winter but you feel fine. Sometimes you occasionally get a little out of breath but you feel fine, just like my friend Karl.

A few years ago Karl helped me into a new job, we had worked together before and when there was an opening in the American company where he worked, he put in a good word for me. Karl, a big bear of a man from Texas, worked hard and played hard. He took pride in what he did and was generous to a fault. When he was around you could be sure the day was going to be fun! Karl was a little over weight and was not the fittest guy in the company but never had a day off sick. In fact Karl could often be found in the office on Saturday morning putting the finishing touches to a proposal or catching up on an email.

One Sunday in May he waved his wife and family off to church, (he didn't enjoy the ceremony) and went to his den (home office) to check his emails. And that was where his wife found him two hours later, sprawled on the floor, dead, having suffered an enormous heart attack.

Yes, Karl was overweight and unfit, but that would not have mattered without the cigarettes. His heart simply could not get the oxygen it needed to keep pumping and it stopped. Karl was just 52 years old. He was robbed of at least 20 years of his life and so were his wife, family and friends.

Will you be another Karl?

Or will you be like a third of the adults in this country who have successfully left cigarettes behind and realized that they are the falsest of 'friends'.

Hypnotherapy has been shown to be one of the most effective ways of becoming a natural non-smoker. If you have read this far perhaps now is the time to at least find out how you can be a natural non-smoker and unlike Karl live your life to the full. Call 07801 749 987 for a free consultation today.