

The information contained in these handouts is provided to increase awareness of how hypnosis may help and does not constitute medical expert opinion, diagnosis, or treatment. It is not intended to replace medical care or professional advice from a qualified healthcare provider. If you have any concerns for yourself or loved ones consult with medical and or health providers.

Quitting Smoking with Hypnotherapy: A Brief Guide

Warm, friendly guidance for people considering hypnosis support

Quitting smoking is a big step—and you don't have to do it alone. Hypnotherapy can be a supportive way to help you manage cravings, feel steadier when triggers show up, and build confidence in your ability to stay smoke-free.

This handout walks you through the quitting process, explains how hypnotherapy is commonly used for smoking cessation, and clears up common myths so you know what to expect.

The quitting process (simple and practical)

Most successful quit attempts combine planning + support + coping strategies—not willpower alone.

1) Choose a quit date (and make day one easier)

Pick a realistic quit date. Then plan what you'll do during your first craving—before it happens. If you'd like, write a short note to yourself with your reasons for quitting.

2) Notice your triggers (they're predictable)

Cravings often follow patterns. Common triggers include:

- Stress or strong emotions
- After meals
- Coffee/tea or alcohol
- Driving or work breaks
- Social situations
- Certain places or routines (like the car, doorway, or balcony)

Start a simple “trigger note” for yourself: when cravings happen, what you were doing, and how you felt.

3) Use a “craving plan” (cravings pass—your plan helps you through)

When a craving appears, it can feel intense—but it usually rises and then fades. Decide in advance what you’ll do for the next few minutes, for example:

- Take slow breaths (especially a longer exhale)
- Sip water or chew sugar-free gum
- Change location or activity (stand up, move rooms, step outside)
- Do a quick distraction (stretch, short walk, small task)

You’re not trying to “argue” with the craving—you’re giving yourself a helpful alternative.

4) Update routines (habits love the familiar)

If smoking is tied to certain times or routines, swapping the routine can make quitting feel smoother. Even small changes can help.

5) Remember: setbacks don’t mean failure

If you slip and smoke, it doesn’t erase your progress. Treat it as information—what triggered it? Then adjust your plan for next time.

How hypnotherapy can help with quitting smoking

Hypnotherapy usually involves guided relaxation and focused attention. In that calm, comfortable state, Brendan Hypnotherapy Online can use your quit goal as the focus—helping you build coping responses and confidence.

Many smoking-cessation hypnotherapy approaches focus on:

A) Calmer cravings and less “stress pull”

For many people, smoking becomes a quick relief for tension or overwhelm. Hypnotherapy can help you feel steadier when cravings show up, so urges are easier to ride out.

B) Stronger motivation and a smoke-free identity

Instead of relying only on willpower, hypnotherapy often supports a shift in self-belief—helping you feel more connected to being a non-smoker and more confident that you can cope without cigarettes.

C) Trigger-focused coping

Because triggers are personal, sessions often work with your specific patterns—such as cravings during breaks, after meals, or in social settings. The goal is to make your next response feel more automatic and supportive.

What sessions feel like

Everyone is different. Some people feel deeply relaxed; others feel simply calm and focused.

You generally remain aware, and you should always feel in control and comfortable with what's happening. What a typical plan might look like

While programs vary, a common flow is:

- A first conversation to understand your smoking pattern and triggers
- Sessions tailored around your quit goal and your triggers

Hypnotherapy works best when you treat it as support for the skills you practice—your actions still matter, and hypnosis helps you meet cravings with confidence.

Myths about hypnotherapy and quitting smoking (friendly truths)

Myth 1: “Hypnotherapy will make you stop instantly.”

Reality: Hypnotherapy supports change. Quitting still involves you choosing your plan, practicing coping skills, and staying engaged. Think of hypnosis as a helpful boost—not a magic on/off switch.

Myth 2: “You lose control during hypnosis.”

Reality: Ethical hypnotherapy is consent-based. You're typically aware and in control.

Suggestions are not forced on you.

Myth 3: “It's only relaxation, so it can't really work.”

Reality: Relaxation is part of the picture, but smoking-cessation hypnotherapy also focuses on tailored coping, motivation, and craving management.

Myth 4: “If you can't 'do hypnosis,' it won't help.”

Reality: People respond differently, and that's okay. A good hypnotherapist adapts—sessions can still be helpful even if you don't feel “super hypnotized.”

Myth 5: “Hypnotherapy is only for people who already quit.”

Reality: Many people use hypnotherapy to prepare for quitting or to support themselves during active quitting.

Practical tips to get the best results

- Bring your trigger notes to sessions (the “when/where/why” helps a lot)
- Use your craving plan early and often—especially in the first days
- Practice any recommended self-hypnosis or techniques between sessions
- Let us know what’s been hardest in past quit attempts• Plan ahead for “high-risk moments” (stress, social events, routine breaks)

A kind reminder if you need more support

If nicotine dependence feels strong, or if quitting feels harder due to anxiety, stress, or mood challenges, many people combine hypnotherapy with other professional support. You can still use hypnotherapy as a steady, supportive part of your quit journey.

If you’d like help getting started, you can book a supportive consultation with

Brendan Hypnotherapy Online and discuss your triggers, goals, and what a realistic quit plan could look like.