

Truthful Statements - Nicotine Dependence Relief and Recovery

The author of this program is entirely convinced that the following statements are true. Please read all of them before going further.

1. The addicting substance nicotine in cigarettes, dip, chew and patches is a naturally occurring insecticide used to kill both insects and animals. Any poison at all is too much and no matter the source or how it's taken.
2. People don't puff on cigarettes; they suck cigarettes. Puffing is blowing as in, "I'll huff and puff and blow your house down."
3. Regular practice breathing the reverse of how people breathe when sucking cigarettes (butts) has a comforting effect that reverses their interest in smoking (dipping, chewing, patching).
4. Stress is NOT the basic cause that makes people smoke or do more of it. If it was, they wouldn't smoke almost as much when the opposite of stressed . . . for example, out socializing with friends.
5. What basically makes people smoke (dip, chew) is substance dependency consisting somewhat of a physical need that can cause craving nicotine and consisting even more of a few not-their-fault false ideas smokers have and don't realize they do when those "nicotine notions" are thought and hurt them by blocking willpower.
6. A common spice called whole clove has something non harmful in it that when regularly tasted reduces the craving for nicotine and any possible excess appetite.
7. The portion of the human brain that helps make better decisions and avoids needless risks isn't sufficiently formed until we're in our mid 20's. It is another part of the brain and the ideas, nicotine notions, associated with it that keep people sucking, dipping, chewing, patching insecticide (nicotine) and get them to go back to using it. That part is more "primitive" (much less directed by experience) and sometimes makes adults act more like teenagers. That is the basic reason hardly anyone begins (takes the very first drag, dip, chew, patch) after the age of 25. The very few who do almost never continue.
8. Most of the simple and safe solution is to build and keep willpower by listening daily for at least three weeks to recorded "truthful suggestions" that weaken nicotine notions: in other words, move control to the more recently developed portion of the brain that helps avoid needless risks.
9. It is important to avoid thinking of smoking as a habit . . . even as a bad habit. What people understandably confuse with and call "habit" is far more likely dependency and "conditioning" like training a dog so its mouth waters every time you ring a bell. Besides, most behaviors we call "habits" are good such as carrying car keys in the same place. Thinking of nicotine use as a habit makes smoking seem less important to get rid of and so weakens the desire or willpower needed to stay away from it.
10. Adults unintentionally and unknowingly in a way hypnotize themselves into believing smoking (also dipping, chewing, patching) helps by repeatedly telling themselves that it does help. Repeatedly saying "this helps" when doing a non hurtful substitute for smoking also has a powerful self-hypnotic effect.
11. "Stopping" is NOT a meaningful measure of success. (A popular writer used to say that stopping smoking was very easy. It was so easy that he stopped every day.) Being unwilling to suck butts (also dip, chew, patch or another hurtful replacement) even when wanting to and without substituting anything unhealthy (eating junk food, for instance) is the measure of success that counts.
12. Think about it as being and staying "free." Please don't "quit" smoking, dipping or chewing. "Quit" is a negative word nearly always said when someone is going to fail or lose. The word predicts and so promotes failing. Highschool athletic coaches put it this way, "Winners never quit and quitters never win!"
13. To be successful staying free of nicotine, it's important -- no, it is extremely important -- to avoid just as much as you can talking or discussions about smoking (dipping, chewing) and subjects related to it for at least the first three weeks after getting rid of cigarettes, dip or chew. (The exceptions are your physician and the professional who teaches this program.)
14. It is the temporary increased potency of caffeine or using more of it, once free of nicotine, that more likely makes some people tense or irritable. Since all or nearly all folks don't have such reactions that says it isn't the "quitting." Reducing the amount of caffeine used helps.
15. The truth is that no one smokes enough cigarettes to do severe harm unless he or she is dependent on the drug nicotine. Drug dependency is the root cause of ongoing and occasional but heavier smoking and so contributes to getting deadly illnesses and hurting families. That says smokers deserve to be offered the rarely available help with the root cause of smoking and to be treated with respect.

Rate How Different or New and Believable to You

Now, please answer this question.

Overall, how new to you or different from what you've seen and heard before, discovered and told by some other source, were those statements?

Lump together and average those statements on a scale from one (1) to seven (7) . . . with seven (7) being essentially new or different. You haven't seen or heard them originating from (uncovered and told by) someone other than the author of this program. A rating of one (1) means there's essentially no difference. You've seen or heard all of them. And they were discovered and said by another source. Of course, feel free to choose a number between one (1) and seven (7).

Please choose a number

Overall, Not Different / New to Me 1 2 3 4 5 6 7 Overall, Different / New to Me

Next do this rating of overall believability by choosing a number from 1 to 7. Again, feel free to choose a number between 1 and 7.

Overall, Not Believable to Me 1 2 3 4 5 6 7 Overall, Believable to Me

Please Agree and Do These Two

1. Do you agree to read and do what's in the "Simple-7" handout sheet (briefly covered in the truthful statements above) and listen to Tracks 1 and 2 together every day for the first three weeks?

Yes _____ No _____

2. Finally, if I give you my phone number, do you promise to call and talk with me (not sooner than 5 days after being seen*) before smoking (dipping, chewing, etc.) even one time?

*It takes some folks up to 5 days of doing what they promised to do for them to get enough of the self-hypnotic effect.

Yes _____ No _____

Please sign here: _____

Date: _____