I had been a smoker since the age of 14 and had tried many times to ‘give up’.

I had tried hypnotherapy twice before, smoking cessation groups & nicotine replacement on numerous occasions. I was able to ‘give up’ for anything from 6 hours to 6 months ( I only managed 6 months once), generally a few weeks would be my main stay, anything would ‘trigger ‘ me to reach for the first cigarette again and then, back to 20 a day.

I have known Jane for many years through nursing and after mentioning to her about my wanting to stop; her confidence in the power of hypnotherapy instilled a confidence in me, also her enthusiasm to help me to ‘succeed’ once and for all. Jane’s positive attitude made my outlook different. I remember being very eager to get started and Jane was taking a slower pace. This was my ‘preparation time’ and made this approach to hypnotherapy different to the other experiences I had previously.

A week before stopping we met up to discuss my smoking habits, my fears and expectations too. I then had homework to do for the week. I had to change my routine of smoking, I had to keep a diary/chart based on how much I wanted the cigarette before and after, how much enjoyment I got out of the cigarette, smoke with the other hand, smoke at different times rather than my routine cigarettes. The realisation began to set in as to how much they controlled my life. I became very conscious of them and what they were doing to me. By the end of the week I was more passionate about stopping.

I remember the morning of my hypnotherapy and my last cigarette, I was anxious of what will it be like not to smoke, I had a positive feeling, I felt it was going to work I was going to succeed in ‘stopping the weed’. The week had helped me take a positive view, I was going to be a non smoker, rather than a negative thought of ‘giving up’ I was telling myself I was going to benefit from this, this was going to be positive.

Jane’s welcome was warm and everything was clearly explained, I felt very relaxed and ready for this challenge. I remember the beginning of the session and then I remember chatting to Jane afterwards.

I had a top up session a week later just to be on the safe side as I then had a week’s leave.

There were no cravings, a few times I have thought ‘oh time for a cigarette’ over the years and then remembered I am a ‘non smoker’ and smiled to myself.

Jane’s encouragement and affirmative attitude helped me realise that I needed to look on what I was doing in a positive way, change my wording & thought process in order to be successful.

‘’ It’s easy, it can be done, I can succeed’’ will have a more encouraging impact than ‘’ I can’t do it, it’s too hard’’

I have been ‘weed free’ for 6 years now and have never looked back.

My heartfelt thanks to you Jane for helping me find the way through the smog.

THANK YOU

Theresa Young