

SMOKING CESSATION PROTOCOL:

- Q. When did you start smoking and why?
 - Q. Who else in your family smokes?
 - Q. Have you ever quit before?
 - Q. What worked and why did you relapse?
What tells you you're ready now? Why this time?
 - Q. What do you see as the upside to quitting/
 - Q. What do you see as the downside? *****
- 1) Tap on each response.

1. rate current urge to smoke. (Invite them to take a dry drag)

2. Apply EFT to the urge until it has subsided.

- "Even though I have this urge to smoke..."
- "Even though I'm craving nicotine..."
- "Even though I feel anxious and want to smoke a cigarette..."

3. Ask client to access and focus on their 3 favorite times of the day to smoke.

Reverse the test and ask them to picture themselves unable to smoke after dinner etc. Rate the anxiety of the 'deprivation' rather than the urge to smoke.

4. Apply EFT to these urges/ times of day until feelings have subsided.

- "Even though I love to smoke in the morning with my coffee..."
- "Even though I smoke to get away from everyone..."
- "Even though I need to smoke after dinner...in the car...after work..."

5. Ask client to picture self as a non-smoker. Any feelings? Treat each with EFT.

- "Even though I don't believe I could really be a non-smoker..."
- "Even though I don't identify with non-smokers..."
- "Even though I'm afraid I'll fail at quitting..."
- "Even though my friends might pressure me to smoke again..."

6. Ask client to imagine or remember having withdrawal symptoms.

- "Even though I fear having nightmares again when I quit..."
- "Even though I'm afraid of physical withdrawal..."
- "Even though I know I will be irritable without my cigarettes..."
- "Even though I can't picture myself relaxing any other way but smoking..."

7. Apply EFT to any feelings of loss that emerge as a result of quitting smoking.

- "Even though I miss my cigarettes..."
- "Even though I feel I have lost a friend..."
- "Even though I feel sad about quitting smoking..."

8. What other losses are triggered by quitting smoking? Apply EFT to each one.

“Even though I keep thinking about the loss of my father/ mother/ friend...”

“Even though I feel sadness about my family...”

9. Apply EFT to overall anxiety about quitting/ anxiety about being without.

“Even though I feel anxious about being a non-smoker...”

“Even though I don’t believe in myself...”

“Even though I’m afraid to succeed...to fail...”

“Even though I feel jittery...”

“Even though I don’t know what to do with my hands if I don’t smoke...”

“Even though I’m the only one in my family who doesn’t smoke

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