

Quitting\_Smoking\_1994.txt

Msg # 6569  
Date: 06 May 94 08:36:00  
From: Bob Johnstone  
To: Joanna Benz  
Subj: RE: QUITTING SMOKING

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> But I still can't really tell if the anxiety attack would be a  
> symptom of physical addiction or psychological addiction... Seems  
> to me it would be the former, but if psychological, maybe tranquilizers  
> would help?

It really does not matter much what they are caused by, refraining from using tobacco for over a week, dramatically reduces all physical addictions. Go without them for 12 weeks and it is totally broke. What is left are the feelings or behavior caused by psychological addiction. Tranquilizers help, but they only give temporary relief, when they wear off the psychological cause is still present so the feelings come back.

Practice the mental exercise in the messages, recalling pleasant memories and pressing the fingers on your left hand until you develop the conditioned reflex. You will know you HAVE, when you do NOTHING but sit or lie down, close your eyes and lightly or firmly press the finger and thumb on your left hand. When you can DO nothing more than that, and you find yourself RELAXING or reducing stress AUTOMATICLY without attempting to think of anything, you HAVE created the conditioned reflex..... Let me know when that happens, and I will tell you what to do next to get rid of the effects psychological addiction. It is easier than you have ever been allowed to believe, even heroin addicts can do it using this method, and it is a LOT easier to do so with an addiction to tobacco.

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Dr Bob

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\* Origin: For PTSD or Emotions & Physical HELP 714-525-1706 (1:10/25)  
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Msg # 6849

Date: 07 May 94 09:46:00

From: Bob Johnstone

To: Kara Cowan

Subj: RE: QUITTING SMOKING

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>BK>

>BK> What if tomorrow would be the day you completely stop craving a  
>BK> smoke? Wouldn't it be too bad to start smoking again today?

>

> I know this wasn't aimed at me, but thank you for the insight. I have  
> been trying to quit for some time now... and I still get nervous when  
> my pack runs low...

Dont go without a pack, just keep it in a place where it is not so convient  
to pick up a cigarette so that it reminds you that you are quitting.....

Dont even quit, until you have practiced the mental exercise  
in RELAX TO THE MAX, for about three weeks. In the meantime,  
cut down as much as possible by doing the following.

1. Each time you take out a cigarette, look at it, think about HOW it would  
feel to smoke it or go without it and then take a DEEP breath three times.

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2. Take that cigarette and tear it up into tiny pieces, sure it costs money to do so, but it WILL cost you MUCH MORE if you continue to smoke.

3. See how you feel after tearing up the cigarette. If you feel you can go without, do so as long as possible. When you next feel you want one, do the same thing..... IF AT ANY POINT you feel you cant go without, then take out another and smoke it, BUT MAKE SURE YOU DO TEAR ONE UP FIRST..... It will do more for you to break this habit than anything you could imagine or do...

4. Continue doing this each time you feel like smoking and practicing the exercise in the series on RELAX TO THE MAX..... you will find that you REDUCE the amount of cigarettes that you actually smoke, reducing the amount of nicotine in your system, so that when you do stop completely, it will be much easier to do so.

5. IF you do light up and smoke, do nothing else while smoking. Pay close attention to HOW you feel as you take a puff.... do you feel satisfied with the 3rd puff or does it take you 4 to feel satisfied? NOW at the point where people feel satisfied, is where they sit talking with a lit cigarette in their hand or they place it in an ash try to burn as they do other things.... PUT IT OUT AT THAT TIME, for the smoke you BREATHE while it sits in that ashtray is the MOST DANGEROUS for you and others around you..... It is the reason that "passive" smokers get throat and lung cancer..... as it burns, it is NOT being filtered thru the cigarette, it contains much more of the chemicals in the cigarette than what you inhale thru the filter and take into your lungs.

6. After practicing the exercise daily for a week or so, when you feel like a cigarette take one out, sit and look at it, smell it, think of how it would be to go without it. Would it cause any STRESS - that - is what makes it difficult for a tobacco addict or heroin addict to go without smoking. Think of that stress, THEN PRESS THE THUMB AND FINGER ON YOUR LEFT HAND and think of the pleasant feelings that you built up when practicing, and thinking about pleasant memories. Think of the stress, the pleasant feelings, switch

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back and forth between thoughts of stress you feel when you deprive yourself of a cigarette, and the pleasant feelings over and over, not less than ten times.

7. At that time if you feel you DONT really need to smoke, tear up the cigarette.... Destroy it..... that is the MOST powerful suggestion you can give your mind that YOU are in control, that YOU are destroying that habit.

> It seems like the hardest part for me  
> is the "habit" more than the nicotine.

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\* Origin: For PTSD or Emotions & Physical HELP 714-525-1706 (1:10/25)  
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Msg # 7600  
Date: 23 Mar 94 10:07:00  
From: Bob Johnstone  
To: Jayne Murray  
Subj: QUITTING SMOKING

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> I am stopping smoking on 3/21/94 and will probably be back in this conf  
> quite often. I have stopped several times, once for nearly a year.  
> I have learned a lot of stress management tools. Depression has  
> always gotten the better of me in the end, but it gets easier every  
> time.

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Pick up the series of messages on CONFLICT RESOLUTION, many times with the subject of CR, followed by a number. IF you search for the subject CR there, and do not find them, just ask and I will repost them.

Practicing this techniques will help reduce the STRESS caused by quiting smoking. And if you have any questions about Quitting, just ask here as I have worked with thousands of individuals who have quite smoking permanently.

> I heard there was a BBS called 'Stop Smoking BBS.' If anyone has their  
> number I would deeply appreciate it.

Well you dont have to call a seperate BBS which may be a long distance call, even those running such BBS' may not have my experience. Some would have only their own experiences quitting smoking, and are actually looking for help themselves to remain a non smoker.....

The MOST important thing to remember, what makes it difficult to quit is thinking of Quitting as only breaking one habit. When in reality it is probably over 100 different habbits. Take the one which is the worst, and work with that for it will create the greatest benefit as you change. IE the place or circumstances where you have been most apt to smoke. If you sit down and make a LIST of where you smoke, and why you smoke in those locations, keep a diary about where you smoke every day until the day you quit, it will give you clues.

Breaking habits takes 8-12 weeks, many bear down for two to three weeks, and feel they have quit. They have not dealt with the feelings after that time as well, then sometime in the future when they experience unusual stress levels, so it triggers their desire for a smoke.

At times we have the habit of reaching for anything which someone hands to us, so when someone who knew we smoked, automatically offers us a cigarette, we reach for it. NOW, just because we do, it is not necessary to smoke that entire cigarette and it does not mean because we did, we must continue

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smoking in the future. As soon as you realize that you automatically took one, put it out, and that act will be a POWERFUL suggestion that will actually HELP you to quit smoking permanently. Each day from now until the day you quit, when you take out a cigarette, look at it, smell it, think of how it would be to smoke it.... Then, stop and practice the following exercise, and if you dont feel you need to smoke when finished, put it away or even better, TEAR IT UP IN LITTLE PIECES.... THAT will be the most powerful suggestion you can give your brain, that YOU are in control of this behavior. Do this daily for as long as you have any cigarettes.... Yes it cost money to do so, but it costs a LOT more to continue smoking, and this will really help you more than you would ever dream.... If you have any questons, just ask.

To relieve stress, spend 5-10 minute periods of time per day meditating or reviewing with your eyes closed in a comfortable position, times you were laughing about something. Jokes, Comedies on TV, Movies, etc. And you will be surprised at how much this helps.... it is a command to your subconscious mind, to make you feel the way you feel in these experiences, when you are going without a smoke.

It is NOT difficult to quit smoking, it is much easier than helping someone to stop using heroin, and I have helped thousands to stop over the past 44 years. I have even had users of Cocaine, M.J., Alcohol, and Cigarettes or other addictive substances, who went cold turkey off ALL SUBSTANCES at the same time using some of these methods and the tapes which I have made for them. It is only difficut when you dont use the power of your mind which you have had since the day you were born, in the most effective manner.

Just take it \_one\_ day at a time, stop thinking of not smoking for the rest of your life, and focus on not smoking for the next hour. Even if you do smoke sometime, that can be a STEPPING STONE to quiting permanently if you think of it correctly or use it in that manner. IE, if after smoking you go back, sit or lie down in a comfortable position, think about the \_feelings\_ which caused you to smoke, then think of a time you were laughing and how you

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felt then. Switch back and forth between those memories not less than TEN times. Each time you do, the feelings which caused you to smoke that time will reduce until they no longer have any effect on you. YOU can get rid of each subconscious trigger which has been causing you to smoke in the past. When they are all gone, you will have no desire to smoke.

That is what is most important, getting rid of the DESIRE..... even after the first 8 weeks, there will at times be a desire, but just keep practicing this method to reduce stress, and they also will disappear. Just because you have a feeling or desire to smoke, does not mean you have to do so. But to feel better while you do have the desire, you can change these feelings by using this mental exercise.

In addition, if you wish to order a set of tapes which will help, you can order the set of tapes CHANGE THE DESIRE TO SMOKE, and follow the instructions on them. Each time you listen to them, it will become easier and easier to feel good when or where you normally would have felt you just had to have a cigarette.....

Two Tape set: Normally \$24.95 plus 2.00 shipping.

For FidoNet Users..... \$17.95 plus 2.00 shipping.

Mail order to: DR. Bob Johnstone  
U.S.P.O. BOX 5122  
Anaheim, CA 92804

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\* Origin: For PTSD or Emotions & Physical HELP 714-525-1706 (1:10/25)

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Msg # 8504  
Date: 24 May 94 06:18:00  
From: Bob Johnstone  
To: Jeff  
Subj: RE: QUITTING SMOKING

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>BJ> SOLUTION: Borrow \$100, explain that by not smoking you  
>BJ> will save more than \$1 per day, and will pay it back at \$30  
>BJ> a month. It would probably be quite easy to get a loan  
>BJ> anywhere for \$100 when it is going to be paid in 4 months.  
>  
>BJ> If you smoke a pack or more a day, what you save makes it  
>BJ> easy to pay.  
>  
> \$100 to stop smoking is rediculous. I know somedoy that charged \$40  
> to help people stop smoking. He was so successful that he Guarnteed  
> it. But then he didn't have to worry about money, because he was a  
> multimillinaire. Early in his life he was an inventor. He even had  
> patents on some drugs. He was a brilant man who accomplished alot  
> in his lifetime.  
> Hypnosis works great, but accupuncture also works and is chepper than  
> \$100 a day. My sister and my father did accupuncture and it worked  
> for them. My mom is the only I know who stopped on her own. I don't  
> smoke, so I don't have to worry about it.

It appears that you misread my message, I said you \_save\_ more then \$1 per day when you quit smoking, and it will pay for the \$100 for the patches.

Contrary to your opinion, \$100 is not rediculous, it cost the average person over \$5000 per year to smoke, including damage to clothing, additional cleaning costs, et al. So to any \_smoker\_ that cost is extremely reasonable.

In addition, I have been a Professional Hypnotist for over 44 years and an

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amatuer prior to that time. I have taught seminars in Hypnosis internationally, with over 500 professionals attending many of them. There are many guaranteeing to have others quit smoking for \$35 or \$40 and I have had to work with HUNDREDS of their clients after they failed, to help them quit.

Guaranteeing that a person will quit smoking in ONE session, is lying to the individual, it just does not happen. These con men advertise in such a manner that "if you follow their directions you will quit in one session." Then, if you dont quit, they say you did not follow their directions, so you do not get a refund.

During the past 40 years I have held positions as President, Vice Pres, Treas, Secretary, in several National Professional Hypnotist organisations, and worked in the clinic of Reg Sheldrick who was the President of the Hypnotist Examining Council (In fact he started it.) IF ANYONE ever became a MultiMillionaire helping others to quit smoking, I certainly would know of him.

There is ONLY one MultiMillionaire who is a Hypnotist, and that is Barry Konikov, who sells hypnosis tapes thru the Bookstores, etc. He sells over 200,000 tapes weekly. His tapes are effective with about 30% of those who try them, very poor quality in my opinion. BUT, he is a marketing genius, with an MA in Advertising, and that is why he became a millionaire, not because he is such a good hypnotist.

It takes 12 weeks to break any habit, with or without hypnosis, and it is 100 times more difficult without, which is why so many fail to quite smoking without help. In addition when you quit smoking, you are NOT just working to break ONE habit, but 100 or more of them. The hypnotist who works to break that habit as only ONE habit, will ultimately fail, the individual will generally be back smoking again in one, two, three, weeks or more generally less than six months. It is a habit to smoke when talking on the telephone. It is a different habit to smoke when drinking coffee. It is still another

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habit to smoke when doing other things and many individuals will have up to 250 different habits. Hypnosis is NOT like waving a "magic wand" and it will not stop any individual from smoking in ONE session unless they could have quite anyway - without - using hypnosis.

The most well implanted hypnotic suggestions last only THREE DAYS, this has been proven over and over and over. The effect of ONE or 50 suggestions, can not possibly over come the effect of MILLIONS OF SUGGESTIONS which the individual has given themselves. Each time a person lights up or takes a puff off a cigarette, that is a powerful suggestion that they will continue smoking. TWO SESSIONS per week, for 6-12 weeks depending upon the individual will get them to the point where they can handle the balance of the problems on their own. By having two sessions, as the suggestions begin to wear off, then they are re-enforced. Keep re-enforcing them for 6-8 weeks and you create a NEW HABIT CYCLE that of being a non-smoker.

Those who advertise that they can help someone quit in ONE session are doing the field of hypnotherapy a VAST disservice. They tell a person, if it does not work, that means you cant be hypnotized or it does not work for you, and then if that person needs hypnosis for therapy in the future, they wont believe that it could help them.

Hypnosis works with EVERYONE, if the person working with you is COMPETENT. If it fails to help you, it was not you who failed. That is like going to a mechanic, and having him tell you "Your car is resistive so I could not fix it." If a mechanic told you that, you would think they were stupid and go to another mechanic. A therapist is simply a teacher or a mechanic who knows a lot about the brain and how it works. If one cant help you they may specialize in an area that is not appropriate for your problems. Keep looking until you find one who specializes in what you wish to deal with, and you will find what one cant do, another therapist can help you deal with.

If a Hypnotherapist cant help you, THEY lack the knowledge necessary.

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There are hypnotists who learned to use hypnosis in a few weekends, that are not competent to do more than stage hypnosis. There are others who took a course at UCLA, who also have a Masters in Psychology, others who have a Ph.D. in Psychology, such individuals can accomplish what appears to be a miracle.

You get what you pay for, if your head is only worth \$40 try one who says you can "stop smoking" in ONE session, but also remember, CAN quit smoking AND you WILL quit smoking have different meanings. If your head is worth MORE than \$40 to you, find a hypnotist or therapist who is honest with you, and will not promise results in one session, but allows a reasonable time for changes to take place.

The same applies to tapes, Barry Konikov guarantees his tapes will help you in 30 days, if they dont you can return them. But when I talked with him he says few bother to return them because by the time they realize they are not going to help, the 30 days has past. I know that the best results from tapes will come from using them for OVER 90 days, so I put NO LIMIT on my Guarantee. If a person is NOT satisfied with my tapes, even if they use them for a YEAR OR MORE and then decide they wish to return them, they get a full refund. It gives them a FAIR AMOUNT OF TIME to try them out, and as long as they wish to return them if they are not satisfied. There is no time limit.

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