

“DO YOU WANT TO QUIT?” QUIZ

To help determine if you want to quit, take this little quiz. If you don't score at least 7 out of 10, don't call us. Wait until you really want to quit and are really ready.

QUIZ: Answer each question **Y** for yes and **N** for no.

- _____ 1. I've tried at least one other method to stop smoking.
- _____ 2. I've thought about quitting for at least 6 months.
- _____ 3. I can clearly imagine how great my life will be without cigarettes.
- _____ 4. I've already told friends/family members that I am going to quit.
- _____ 5. I can think of at least 5 major reasons why I want to stop smoking.
- _____ 6. I believe that I could relax or calm myself easily without smoking if I knew how, and I'm very willing to learn how.
- _____ 7. I realize I will have to do a few things differently when I quit to stay successful, and it's worth it. I'm looking forward to the positive changes I will create in my life.
- _____ 8. I'm ready to quit lying to myself that cigarettes help me in any way. I truly believe that cigarettes are 100% bad for me.
- _____ 9. I realize that I will die if I keep smoking and that even if I smoke just a few, it's killing me slowly every day.
- _____ 10. I "want" hypnosis to work. I'll keep an open mind, and do my part to be successful during and after my session so I can be a non-smoker for the rest of my life.

SCORE: Give one point for each "yes" answer. TOTAL: _____

SCORE

0-3 Not ready yet.

You just aren't quite prepared to do what it takes – you need the right mind-set, the right attitude, and the right level of determination. No matter what system or method you use, they ALL require that you do your part. Hypnosis is no different. If you're expecting a magic pill, or someone to do it all for you, forget it! You **will** fail. This requires your full participation.

Of course it's terribly important that you quit smoking, but you can't do it until you're ready. Think about your motivation, your resistance, and your hesitation. You need to be very sure this is what you want to do. You might want to talk to your doctor, call us and talk through what's standing in your way, research on line how damaging smoking really is, or simply wait until you feel more prepared to take responsibility and be accountable for your choices. You are in control of what happens in your life, and there's something in the way of you making the right decision.

4-6 Fence-sitter. Close – but not sure!

You've got a lot of the right answers and your thinking is pretty good – but there is still something holding you back. FIND OUT WHAT IT IS! You probably aren't ready quite yet. Check in with yourself on a gut level – are you REALLY serious that this is the life change you want to make, or are you just “flirting” with the possibility? There is a difference between a “choice” and a “preference”. If you “prefer” to stop smoking, your state of mind, circumstances or mood of the moment can change your preference, and you'll be back to smoking the first time you get stressed, or are out having a good time and pick up a cigarette for the “heck of it”.

A decision is something that stands in place no matter what the circumstances of the moment. You just do it no matter what. It takes a certain determination and seriousness. You made a decision to get married, or take a job, or buy a house. You can't change your mind or do something different because you had a bad day or didn't “feel like it”. You see it through because it's part of the life and lifestyle that you truly want and that desire is reflected in your decision. Becoming a non-smoker works the same way. It's a decision. And it's one you make with the same seriousness that you do other important choices. Perhaps you need more clarity or more information. If so, please feel free to call us, or look around on the website for more information. You need to BE VERY SURE you want to do this.

7-10 I'M READY!

Congratulations! Your answers indicate that you have every possibility of success. You understand that your thinking and choices have everything to do with being a successful and happy non-smoker, and you're ready to do your part. You have an open mind and you WANT to take control of your own life and your own behaviors and be a non-smoker for the rest of your life. There will be no more lies about cigarettes “helping” you, and you are looking forward to having a longer, healthier life, free from the smell, cost and confinement of the habit of smoking. You're ready to be FREE! Good for you. Call us and make your appointment NOW!!!