



THE STOP SMOKING MAN

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Thanks for downloading this guide on how to beat cigarette cravings. I am Benjamin Ryan, a.k.a The Stop Smoking Man. I specialise in helping people stop smoking using various psychological techniques, including hypnotherapy.

In this guide, I will share with you a tried and tested method for rapidly getting rid of cravings, that I have used with thousands of my clients. The following instructions will help you get in touch with your craving feeling and then reduce it or even get rid of it entirely.

Although this exercise requires you to close your eyes, you can still do it alone or with someone's help. This is not a magic spell and you don't need to remember every instruction perfectly, you just need to get the hang of how it works and do it as required.

Instructions:

- 1) Close your eyes and visualize the feeling. Imagine it's a 'thing' floating in front of you.
- 2) Using your hands, get a feel for how big the feeling is. It could be as small as an apple or as big as a beach ball. There's no wrong answer.
- 3) If you could assign a colour to it right now, what colour would it be?
- 4) What colour would represent happiness and no worries? You may want to turn your feeling into that colour, or you may not. Either way, it's okay.
- 5) If you were to pick it up, would it be heavy or light?
- 6) What shape is it? Is it round, square, triangle, or something else?
- 7) Is it solid or transparent?
- 8) Is the surface of it rough or smooth?
- 9) Is the surface warm or cold?
- 10) Take the object and put it in a strong box or container. It can be a safe, a packing crate, a shipping container, or anything with a strong door or lid.
- 11) Make sure the door or lid is closed and cannot be opened.
- 12) Now, seal it. You can lock it, tie it, chain it, weld it, or whatever you like, as long as you're sure the box will not open.
- 13) Get rid of the box. You can move it to the other side of the room, blow it up with dynamite, drop it out at sea, or anything you like. Add sounds, smells, or other sensory information to make it more realistic.
- 14) When you have done this, open your eyes.
- 15) Try to find that feeling again. It may have completely disappeared, but if it's only reduced, repeat the exercise.



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An explanation of what is going on:

When we have a feeling we don't like and say to ourselves, "I don't want to feel like this," the subconscious mind, which controls most of our feelings, most of the time, responds, "That's nice, but I can't help you."

However, the subconscious mind loves a good metaphor. This technique turns the feeling into an object that metaphorically represents the feeling, and then we work on that object instead. For some reason, this is a much easier thing for the subconscious mind to do and it really can dramatically change how we feel.

While this exercise can be a fantastic help to anyone wanting to stop smoking, it is just a temporary fix and the cravings may return, especially if you're still smoking or have just recently stopped.

However, aside from the immediate relief, this exercise can help you see that cravings are affected by how we think, teach you how to manage difficult feelings, and break the craving/relief pattern, allowing your brain to build new pathways out of the distress.

More help...

This exercise alone *could* be enough to give you the edge you need to stop smoking permanently. If it helps you do that, I'll be very happy to hear about it, please write to me and let me know.

However, it is not a complete system to stop smoking in itself and using this method alone is **doing things the hard way**. I highly recommend calling me to talk about how I can help you stop smoking permanently in a single session. The call is free, and I offer a one-year guarantee on my work -

If we work together and you find yourself smoking again for any reason at any time for up to a year, I will help you again, absolutely free.

Call me on +44 (0) 7967473691 or [send a message from my website](#)



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Tips for success

1. Practice the exercise regularly, even when you're not experiencing a craving. This will help to make it second nature so that when a craving hits, you know what to do.
2. Don't be discouraged if the exercise doesn't work the first time. Keep practising, and you will get better at it.
3. Use your imagination. The more vividly you can imagine the object and the steps of the exercise, the more effective it will be.
4. Get support. Talk to friends and family members about your decision to stop smoking and ask for their encouragement and support.
5. Stay focused on your goal. Remember why you decided to stop smoking in the first place and keep that in mind whenever a craving hits.
6. Celebrate your successes. When you go a day, a week, or a month without smoking, celebrate your achievement and remind yourself of how far you've come.
7. Sign up for my mailing list and get helpful emails, plus my free guide called "Smoke Signals : 3 Secrets that make quitting easier (& dramatically increase your chance of success!)" - sign up at <https://www.thestopsmokingman.com/unlock-incredible-perks-and-exclusive-benefits>

3 Secrets...

By joining my email list, you'll get exclusive access to insider tips, occasional surprises, and all the scoop on special offers, free downloads, and exciting happenings, you'll also get a free download of "**Smoke Signals : 3 Secrets that make quitting easier (& dramatically increase your chance of success!)**"

This isn't your typical newsletter or spam-filled inbox. I won't bombard you with relentless emails.

Get ready to conquer the quitting game and skyrocket your chances of success with this must-have guide—all yours as a token of appreciation for joining my mailing list.



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Conclusion

This exercise is a powerful tool for managing cravings and breaking the pattern of smoking. However, it is just one part of a larger strategy for stopping smoking permanently. If you are struggling to stop smoking on your own, consider seeking professional help.

As a specialist in helping people to stop smoking, I offer a range of services to help you stop for good, including hypnotherapy, NLP, and coaching. With my 1-year guarantee, you can be confident that you are making a wise investment in your health and wellbeing.

So, whether you decide to try the exercise on your own or to seek professional help, remember that stopping smoking is one of the best things you can do for yourself and those you care about. Good luck, and congratulations on taking the first step toward a smoke-free life.

All the best

Benjamin Ryan
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