

Client Intake Form

In order to help you understand why you smoke and how smoking affects you, please answer the following questions carefully. Although your initial responses might be yes to all of them, please take the time to consider each question carefully. Your hypnosis session will be customized to fit your specific needs and we will spend time finding alternatives for each emotional and habitual need.

I smoke:	Yes	No
To elevate my mood	_____	_____
To feel comforted	_____	_____
For companionship	_____	_____
To relieve stress, ease tension	_____	_____
To give myself a break	_____	_____
To relax	_____	_____
To punish myself	_____	_____
To feel comfortable socially	_____	_____
To break boredom	_____	_____
To relieve loneliness	_____	_____
To soothe frustration	_____	_____
To curb my appetite	_____	_____
To bribe myself into action	_____	_____
To celebrate	_____	_____
To rebel, be different	_____	_____
To show my independence	_____	_____
To irritate someone in my life	_____	_____
To stimulate my creativity	_____	_____
To focus and concentrate	_____	_____
To organize my thoughts	_____	_____

I smoke when:		
I'm angry	_____	_____
I want a reward	_____	_____
I'm happy	_____	_____
I'm unhappy	_____	_____
I'm arguing or after a fight	_____	_____
I'm feeling insecure	_____	_____
I'm nervous	_____	_____
I'm afraid	_____	_____
I'm feeling left out	_____	_____
I'm driving	_____	_____
I'm watching TV	_____	_____
I'm working	_____	_____
I'm drinking alcohol	_____	_____

I'm drinking coffee	_____	_____
I'm talking on the phone	_____	_____
After eating	_____	_____
My body wants nicotine	_____	_____
I smoke purely out of habit, I		
Have no emotional attachment	_____	_____

Meeting the Need While Dismissing the Habit

Think about the above reasons. Each of them has a positive function; that is, it isn't wrong to be nurtured, to feel less stressed, to feel comfortable in social situations, or to control your weight. What you are accomplishing with cigarettes has value. It's just that the habit that has been established to meet the need is one that ultimately destroys, rather than supports.

You know there is nothing that can be said about the ill effects of cigarettes that you have not already heard more than once. Further, the suggestion that you can meet the same needs while employing a new behavior or a new habit may seem outright preposterous. But it isn't, if you're willing to rely on the power of your subconscious. Your subconscious can provide you with specific, constructive alternatives to smoking that will be genuinely desirable

Please put a check mark next to the following reasons why you wish to become a non-smoker. Put a star by the single most important reason.

Why I want to become a permanent non-smoker:

- To take back control of my life.
- So I can stop being embarrassed about having this habit.
- To avoid the health risk from smoking.
- So that I can look healthier and smell cleaner.
- In consideration of my family and their health.
- As a better example to my children.
- To be able to breath easier and not be short of breath when I exert myself.
- So that I can enjoy non-smoking activities.
- So I can spend time with non-smokers.
- To be able to taste and smell better.
- So that I can be more productive at work.
- To improve my financial situation by saving the cost of cigarettes.
- I'm tire of burning holes in clothes, furniture, etc.
- So I can take long flights without suffering from withdrawal.
- So I can avoid people's nasty looks and comments about my habit.
- So I can be free from worry about when & where I can have my next cigarette.
- So I can find out who I am without this crutch.
- So I can be more physically fit and participate in more activities.
- So I can stop dulling my emotions and hiding behind a smoke screen.

Because the Dr. said I had to.
Because someone else wants me to.
Because it does not fit with the rest of my life and my current philosophies.

“To become a permanent non-smoker, it is crucial for you to see yourself as a nonsmoker. A nonsmoker is a person who chooses not to smoke. You do not see yourself as an “ex-smoker”, a person who forces himself not to smoke.”

Incorporate new habits into your life. These new habit possibilities are listed below. Put a * by at least one in each category you checked that you feel will be a beneficial alternative for you.

To elevate my mood or to feel comforted

Focus on something you have coming up to look forward to.
Take a moment to write a positive affirmation.
Read a pre-chosen verse that lifts you spirits and gives you hope or encouragement.
Other: _____

For companionship, to relieve loneliness, to break boredom

Call or visit a friend
Get a pet
Write a letter or E-mail
Offer to do something for someone else
Read something uplifting and stimulating
Get involved in a hobby or pleasant past time such as _____
Other: _____

To relieve stress, ease tension, to give myself a break, to relax

Listen to your permanent non smoker tape
Stop what you are doing, close your eyes and take 10 really deep and slow breaths while recalling all the good reasons you have for being a nonsmoker.
Go for a walk.
Talk to someone about what is causing your stress.
Meditate
Shift you attention to a constructive activity that you enjoy
Listen to soothing music
Other: _____

To punish myself, to rebel, be different, to show my independence, to irritate someone in my life.

Work with myself or a counselor to help me find out what is going on at the subconscious level to cause this self-destructive activity. There are several techniques that are very effective in getting these issues resolved satisfactorily for all parts of you.

To feel comfortable socially

At social events, join the nonsmokers

Make a concerted effort to introduce yourself to a least one unfamiliar person, and carry on a short conversation.

Participate in discussions whenever the opportunity presents itself.

Join in the activities or volunteer to help.

Look for someone else that looks uncomfortable and go over and ask them about themselves, then you'll both feel more comfortable.

To soothe frustration, anger

Step out of the frustrating situation far enough to get perspective

Take ten slow deep breaths with your eyes closed

Stop and write about your feelings and what's causing them

Write out the ideal solutions to the current problem and then visualize them happening

Take a walk or other form of vigorous activity

To curb my appetite

Drink a tall glass of water

Have healthy non fattening snacks prepared, i.e. celery, carrot sticks

Suck on a cinnamon stick

Eat fruits and vegetables for snacks rather than junk food

Determine if your appetite is coming from an emotional need, then follow one of the above suggestions.

To bribe myself into action, to celebrate, as a reward

Have a list of positive healthful things that make you feel good.

- 1.
- 2.
- 3.
- 4.

To stimulate my creativity, to focus and concentrate, to organize my thoughts

Take yourself to a quiet place and ask not to be disturbed

State your intention out loud or write it down

Take 10 deep slow breathes and completely quiet your mind

Clear all debris and clutter out of your head, sit until you are clear

Get back to work

To relieve feelings of insecurity, nervousness and/or fear

Consider further sessions to uncover the source of these issues and heal them

How Hypnosis works

The need for your habit has been established in your subconscious. It is your subconscious that causes you to nurture and support yourself by smoking. In order to be able to genuinely desire an alternative to smoking, you need to reprogram your subconscious.

We accomplish this by putting you into a wonderful state of deep relaxation. When the body is sufficiently relaxed and feels as though it is sleeping, then we will relax the mind, allowing the conscious and analytical mind to step aside and allow the subconscious to be open to receive the positive alternative to smoking that you have selected.

By constantly reinforcing your decision to become a nonsmoker through the use of the tape provided, you can be assured that your subconscious will accept the suggestions to create new behaviors for you. It is suggested that to be entirely effective, you must reinforce the programming daily for 30 days and then again anytime after if you are feeling tempted to revert to the previous behavior.

Please bring this completed questionnaire to your session scheduled for:

It is necessary to give 48 hours notice of cancellation in order to avoid full payment of fees for a missed appointment.

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For more information about hypnosis and testimonials from clients please go to
www.triciaburbank.com