

Stop Smoking

Craving Buster Techniques

4 Techniques that will knock that craving right out of your physical and mental system

CRAVING BUSTER #1 - Aversion Technique

CRAVING BUSTER #2 - THE SWISH TECHNIQUE

CRAVING BUSTER #3 - Emotional Freedom Technique or EFT

CRAVING BUSTER #4 - The Havening Techniques®

Helpful hints

1. Read each technique through a couple of times.
2. Use your mobile phones recording device and record your own voice as you read the technique. This way if you are ever somewhere and you get a craving all you need to do is listen to your own recording.
3. Have friend read the technique out loud while you follow along.

CRAVING BUSTER #1

Aversion Technique

This is a rapid technique that will cause you to permanently to link a food that you hate with smoking a cigarette.

Rate your craving for a cigarette on a scale of one to ten. Ten being high and one being low.

Now think of a food item that absolutely revolts you, so that even if you just think of it you feel slightly nauseous. For me it's fish that has started rot. Imagine a plate of what you hate in front of you right now. Now imagine eating that food. Taste it, feel the texture in your mouth and the awful feeling of swallowing it again and again. Imagine smoking a cigarette as you eat this food. Mix the taste and texture. It feels disgusting. Now vividly imagine adding hair from the floor of the hairdressers, add some chunks of mold and maybe even dog poop. Now think of a smoking a cigarette and rate your desire on a scale of one to ten.

CRAVING BUSTER #2

THE SWISH TECHNIQUE

This is an NLP technique that smashes the old picture/image of you and your behaviour with a new healthier better feeling you.

Find somewhere you will be undisturbed and can close your eyes for two to three minutes.

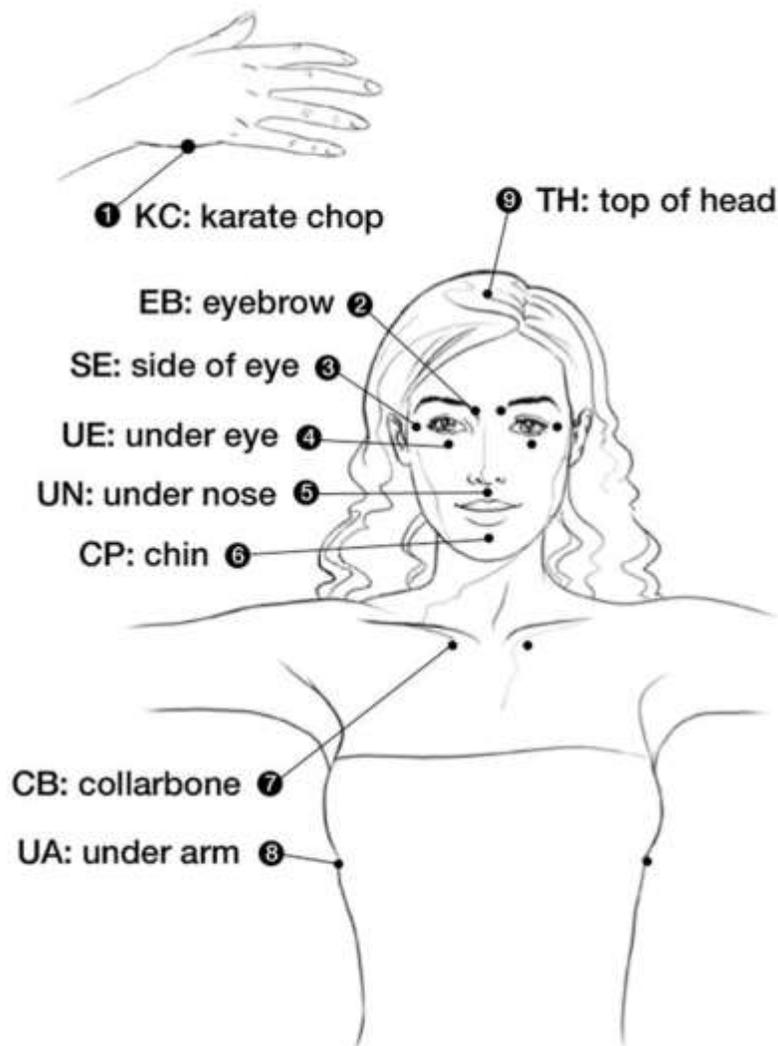
Make a snapshot in your mind of your behaviour around smoking that made you realise: “It is time to change.” Maybe it was a comment from your doctor, dentist, a child, your grandchild, or perhaps that persistent cough, the shortness of breath or someone commenting on how stink of smoke.

Now create a picture of how you intend to be when you are back in control of your own behaviours. How fresh you will smell, how much healthier you will feel, how proud you will feel as you take back control of your life. Take a while to really enjoy it and then let it shrink to the size of a dot, far into the distance. Then bring back the picture of the behaviour you want to change – that smoking behaviour. Now imagine the picture of the healthy future accelerating towards you from that distant dot, getting bigger, brighter and clearer until it suddenly smashes the old behaviour into a million pieces. Make the new, healthy picture big, bright and vivid. Enjoy it! Notice the smile on your face.

CRAVING BUSTER #3

Emotional Freedom Technique or EFT

Although I am going to some length to describe it in detail, The EFT Tapping Basic sequence has only 5 brief steps and takes very little effort to learn. Once memorized, each round of it can be performed in about 30 seconds. It will take some practice, of course, but after a few tries the whole process becomes familiar and you can do it in your sleep (millions have done this, including children). You will then have a permanent tool that you can use for a lifetime.



The 5 Steps of The EFT Tapping Basic Recipe

1. Identify the Issue:

All you do here is make a mental note of what ails you. This becomes the target at which you "aim" the EFT Tapping Basic Recipe. Examples might be: craving a cigarette, stressed out by something, frustrated about a situation, angry at a particular person or anything else. Be sure you are only targeting one issue at a time.

2. Test the Initial Intensity:

Here you establish a before level of the issue's intensity by assigning a number to it on a 0-10 scale where 10 is the worst the issue has ever been and 0 is no problem whatsoever. This serves as a benchmark, so we can compare our progress after each round of The EFT Tapping Basic Recipe. If, for example, we start at an 8 and eventually reach a 4, then we know we have achieved a 50% improvement.

For emotional issues, you can recreate the memories in your mind and assess their discomforts.

For physical ailments you can simply assess the existing pain or discomfort.

3. The Setup:

The Setup is a process we use to start each round of Tapping. By designing a simple phrase and saying it while continuously Tapping the KC point, you let your system know what you're trying to address.

When designing this phrase there are two goals to achieve:

- 1) acknowledge the problem
- 2) accept yourself in spite of it

We do this by saying:

"Even though I have this _____, I deeply and completely accept myself".

The blank above represents the problem you want to address, so you can just insert things like:

Craving a cigarette

Feeling frustrated that you want a cigarette

Anger at myself that I am craving a cigarette

4. The Sequence:

This is the workhorse part of The EFT Tapping Basic Recipe that stimulates/balances the body's energy pathways. To perform it, you tap each of the points shown in the Sequence Points diagram (see above) while saying a Reminder Phrase that keeps your system tuned into the issue.

The Reminder Phrase is needed only identify the issue with some brief wording. Depending on your issue, you might say the following at each tapping point....

“This craving a cigarette”

“This feeling of being frustrated that I want a cigarette”

“This anger at myself that I am craving a cigarette”

Or any other reminder phrase that you come up with – it must be stated in the negative. The negative feeling/thoughts are what we want to bring down to a zero.

Tap in this order:

- 1) Top of the Head (TOH)
- 2) Beginning of the Eyebrow (EB)
- 3) Side of the Eye (SE)
- 4) Under the Eye (UE)
- 5) Under the Nose (UN)
- 6) Chin Point (CH)
- 7) Beginning of the Collarbone (CB)
- 8) Under the Arm (UA)

The Reminder Phrase is quite simple as you need only identify the issue with some brief wording. Depending on your issue, you might say the following at each tapping point....

This craving a cigarette

This feeling frustrated that I want a cigarette

This anger at myself that I am craving a cigarette

Etc

5. Test the Intensity Again:

Finally, you establish an "after" level of the issue's intensity by assigning a number to it on a 0-10 scale. You compare this with the before level to see how much progress you have made. If you are not down to zero then repeat the process until you either achieve zero or plateau at some level.

DESCRIPTION OF THE TAPPING POINTS:

KC: The Karate Chop point (abbreviated KC) is located at the center of the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the baby finger or stated differently the part of your hand you would use to deliver a karate chop.

TOH: On the top of the head. If you were to draw a line from one ear, over the head, to the other ear, and another line from your nose to the back of your neck, the TOH point is where those two lines would intersect.

EB: At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated EB for beginning of the EyeBrow.

SE: On the bone bordering the outside corner of the eye. This point is abbreviated SE for Side of the Eye.

UE: On the bone under an eye about 1 inch below your pupil. This point is abbreviated UE for Under the Eye.

UN: On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated UN for Under the Nose.

Ch: Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin

point because it is descriptive enough for people to understand easily. This point is abbreviated Ch for Chin.

CB: The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated CB for CollarBone even though it is not on the collarbone (or clavicle) per se. It is at the beginning of the collarbone and we call it the collarbone point because that is a lot easier to say than "the junction where the sternum (breastbone), collarbone and the first rib meet."

UA: On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated UA for Under the Arm.

For more information tapping visit:

www.emofree.com/nl/eft-tutorial/tapping-basics/how-to-do-eft.html

CRAVING BUSTER #4

The Havening Techniques®

Powerful process, that will create a rapid calm state of being.

The process we're about to do together is called havening. Havening is a powerful psycho sensory process which will help you clear any past limiting experiences that may be holding you back in the present in a moment.

I'm going to ask you to think about something in your past that you have uncomfortable feelings around or any area of your life where you feel blocked, even if you're not sure what that block is.

Once we begin, I'll be asking you to gently stroke the sides of your arms will follow along with some simple visualizations and move your eyes laterally from side to side.

When I ask you to do so this is a deceptively simple process which will have a powerful positive effect on your life. In order to benefit fully please set aside at least 15 minutes where you can really concentrate.

First of all, I'd like you to think about the uncomfortable memory or the feeling of feeling blocked or your craving.

Concentrate on it and rate it on a scale of one to ten. Ten being the strongest and one being the weakest.

Place your arms on your shoulders and close your eyes and clear your mind as you begin stroking the side of your arms as you imagine you're walking with me on a beach. And with each footstep that you take count out loud with me from 1 to 20

I want you to imagine that we're walking together on a beach and with each footstep that you're taking, you hear the sound of that step, you feel that step.

I want you to count out loud, with me, from one to twenty.

1, 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20.

Now open your eyes keep your head straight and your arms at your side.

Keep your head still and move your eyes to the right and then laterally to the left. Eyes to the right, eyes to the left, eyes to the right, eyes to the left, eyes to the right, eyes to the left, eyes to the right, eyes to the left.

Now close your eyes and imagine that we're walking on a beautiful lawn on a summer's day and with each footstep that you take on the grass, I'd like you to count out loud with me from 1 to 20

1, 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20.

Now open your eyes and keep your head still.

Move your eyes laterally to the right and then eyes to the left eyes, eyes to the right, keep stroking the side of your arms, eyes to the left, eyes to the right, eyes to the left, eyes to the right, eyes to the left, eyes to the right, eyes to the left.

Close your eyes and imagine you're walking down a beautiful staircase that is well lit and even has a handrail. With each step that you take let's count out loud from 1 to 20.

1, 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20.

Now open your eyes and stop.

You've just flooded your brain with delta waves and you should be feeling different.

I'd like you to now rate that feeling that we talked about at the beginning on a scale of 1 to 10.

If that feeling has completely disappeared and the memories have changed, fantastic.

If it hasn't, we'll just continue to work on it until it does. If it hasn't disappeared, I'd like you to find another time you felt uncomfortable or another feeling of feeling blocked and I'd like you to concentrate on that feeling and rate it on a scale of 1 to 10.

Place your arms on your shoulders and close your eyes and clear your mind as you begin stroking the side of your arms as you imagine you're walking with me on a beach. And with each footstep that you take count out loud with me from 1 to 20.

1, 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20.

Open your eyes while still stroking the side of your arms, keep your head still, but move your eyes laterally to the right and then to the left.

Eyes to the right, eyes to the left, eyes to the right eyes to the left, eyes to the right, eyes to the left.

Close your eyes and imagine once again that we're walking on a beautiful lawn on a summer's day and with each footstep you take on the grass count out loud with me from 1 to 20.

1, 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20.

Now open your eyes and keep your head still. Keep stroking the sides of your arms and move your eyes to the right, eyes to the left, eyes to the right, eyes to the left, eyes to the right, eyes to left, eyes to the right eyes, eyes to the left, eye to the right, eyes to the left.

And close your eyes again continue to stroke the side of your arms and imagine we're walking down a beautiful staircase and with each footstep that you take, count out loud from one to twenty.

1 2 3 4 5 6 7 8 9 10 11 12 13 4 15 16 17 18 19 20.

Now drop your arms by your side and take a deep breath in and gently let it go.

Then stop, relax open your eyes and come on back. If that feeling is completely disappeared and the memories changed, fantastic. You just changed how you feel in a few minutes.

If it hasn't, we'll continue to work on it until it does.

If the feeling, memory or craving, hasn't disappeared, I'd like you to find another time you felt uncomfortable or another feeling of feeling blocked, another time you had a craving and I'd like you to concentrate on that feeling and rate it on a scale of 1 to 10.

Place your arms on your shoulders and close your eyes and clear your mind as you begin stroking the sides of your arm.

Imagine you're walking with me on a beach and with each footstep that you take count out loudly from 1 to 20.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20.

Open your eyes still stroking the side of your arms keep your head still but move your eyes laterally to the right and then to the left.

Eyes to the right eye, eyes to the left, eyes to the right, eyes to the left eyes, eyes to the right, eyes to the left and then close your eyes and imagine once again we're walking on a beautiful lawn on a summer's day and with each footstep we take in the grass, count out loud with me from 1 to 20.

1, 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Now open your eyes, keep your head still keep stroking the side of your arms and move your eyes to the right, eyes to the left, eyes to the right, eyes to the left, eyes to the right, eyes to the left, eyes to the right.

Close your eyes and continue to stroke the side of your arms and imagine we're walking down a beautiful staircase and with each footstep that you take, count out loud from 1 -20.

1, 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Now take a deep breath in and gently let it go and then stop relax open your eyes and come on back out you can do it as often as you like. whenever you feel overwhelmed or whenever you need to feel calm and more in control.