

## Psychological association with smoking

Your scenario will be individual to you, but let's take a common situation, I'm sure you can relate to it.

Imagine a 12 year old, new at the school, still trying to find his feet, trying to establish himself and make new friends among children who seem to already know each other.

Finds a group of classmates behind the bike sheds at break time. Guess what they're doing? Yep. They're smoking and they offer him a puff.

He turns it down.

As they turn their back on him, he thinks he detects a derisory snigger.

Mortified, he leaves them to it, until the next day.

This time, guess what he does when they offer him a smoke. Of course, he accepts; coughing and sputtering and feeling nauseous. But it's worth it.

He is accepted into the gang.

From that moment on, he's a smoker. It makes him feel good. He's one of the crowd and settles in to his new school.

So where's the problem?

Well, later, as an adult, when he decides (using his conscious mind) to quit the filthy habit, he finds that a part of him is thwarting his efforts. That's his **unconscious** mind. So he's not even aware of the connection.

The unconscious, already having associated smoking with all those good feeling of belonging, in its effort to protect him, is now doing everything it can to keep him smoking, to have him accepted, loved - **to exist**.

The solution?

Hypnosis to quit smoking - the perfect method of talking to the unconscious mind: to have it support your goals, working with you, not against you, helping you to develop a new identity - that of a non-smoker.

[Back](#)

[www.soundpositive.com](http://www.soundpositive.com)