



A CALMER MIND • A BRIGHTER TOMORROW

Ready to Quit Smoking?

Become a non-smoker with hypnotherapy and a structured 10-day programme

Your smoke-free chapter starts here. Smoking is really two things at once: a physical dependence on nicotine, and a habit so well rehearsed that it runs on autopilot, with the morning coffee, the work break, the drive home. Willpower alone often struggles because it only tackles one of them.

Lasting change comes from addressing **both**, and that is exactly what this programme is designed to do.

How Clear Horizon Helps You Stop

1	Your First Session We explore when, where and why you smoke, set your quit date together, and you take home your personal 10-day preparation plan.
2	10 Days of Preparation Simple daily tasks build awareness, map your triggers and give you practical tools for cravings. Slips along the way are expected and used as learning.
3	Quit Day Session A focused hypnotherapy session helps your subconscious mind let go of the smoking habit and settle into life as a non-smoker.
4	Ongoing Support A check-in after quit day, a self-hypnosis anchor to use whenever an urge appears, and a reinforcement session if you need it.

Nicotine patches or gum? That is entirely your choice. Many clients prefer to stop without any substitute, and the programme is designed to support you either way.

What You Can Look Forward To

Easier breathing

More energy and less coughing as your lungs recover.

Money back in your pocket

A pack-a-day habit costs thousands of rand every year.

Taste and smell return

Food tastes richer and the world smells fresher.

Feeling in control

The quiet pride of being free from cigarettes.

ONLINE SESSIONS

Secure • Convenient • From anywhere

FACE-TO-FACE SESSIONS

Available by arrangement

Questions to Ask Yourself

Understanding your own smoking is the first step to changing it. Take a moment to consider:

- When do I smoke most: with meals, on breaks, while driving, or when socialising?
- Do I reach for a cigarette when I feel stressed, bored or low?
- Which places, people or activities do I link with smoking?
- Is my smoking tied to other habits, such as drinking?
- What are my most important reasons for wanting to stop?
- What has helped, or got in the way, when I have tried to stop before?

Start Your Plan with STAR

- S** **Set your quit date.** Choose a day within the next two weeks: enough time to prepare, soon enough to keep your motivation strong. If you mostly smoke at work, choose a weekend.
- T** **Tell the people who matter.** Ask family, friends and colleagues for their support. A quit buddy who is also stopping can make a real difference.
- A** **Anticipate the challenges.** Most people who return to smoking do so in the first few months. Plan ahead for cravings and for the moments you know will be tricky.
- R** **Remove cigarettes and reminders.** Throw away cigarettes, lighters and ashtrays (no emergency pack), and freshen your clothes, car and home.
- T** **Team up with your hypnotherapist.** Together we build your plan and change the habit where it lives: in the subconscious mind.

When a Craving Comes

Cravings feel strong, but they are short-lived. They usually rise, peak and pass within a few minutes, so you only need to ride them out.

- **Breathe.** Take a slow breath in, and an even slower breath out. Repeat until the urge settles.
- **Wait it out.** Remind yourself that this feeling will pass, because it always does.
- **Change the scene.** Get up, step outside, or move to a different room.
- **Keep busy.** Wash the dishes, take a short walk, or call a friend.
- **Remember your reasons.** Your health, your family, the money saved, and the pride of being free.
- **Reward yourself.** Every craving you get through is a victory worth celebrating.

What Happens When You Quit

20 minutes	12 hours	2-12 weeks	1-9 months	1 year	10 years
Heart rate and blood pressure drop	Carbon monoxide in your blood returns to normal	Circulation and lung function improve	Coughing and shortness of breath ease	Heart disease risk about half that of a smoker	Lung cancer risk falls to about half

Source: World Health Organization

Take the first step today

Book your first session with Clear Horizon Hypnotherapy

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