

WILLOW HYPNOSIS

What do you really know about smoking?

Answer a simple 'yes' or 'no' to the following questions. You might find it difficult to do that with some of them. In those cases, answer 'yes' or 'no' according to what you think the majority of people would answer.

	Yes	No
1. Do people smoke because they choose to?		
2. Do smokers enjoy smoking?		
3. Do some cigarettes, for example the one after a meal, taste better than others?		
4. Do some youngsters become smokers because:		
a. They think it's cool to smoke? and/or		
b. Because it makes them feel grown up? and/or		
c. Because they think smoking will give them confidence?		
5. Do some smokers enjoy the taste of cigarettes?		
6. Is smoking a habit?		
7. Are heavy smokers more hooked than casual smokers?		
8. Are smokers that have been smoking for years more hooked than youngsters who have just started?		
9. Does smoking help to relieve boredom?		
10. Does smoking aid concentration?		
11. Does smoking help relaxation?		
12. Does smoking help to relieve stress?		
13. Does smoking help the nerves?		
14. Are smokers stupid?		
15. Does it take will-power to quit?		
16. Do some people have addictive personalities?		
17. Does smoking help to reduce weight?		
18. Does it help to use nicotine replacement therapy (NRT); i.e. gum, patches, or sprays containing nicotine?		
19. Is it necessary to suffer from withdrawal pangs when quitting?		
20. Is it difficult to quit?		