HOME

MY LAST SMOKE

BEFORE YOUR SESSION

What to Expect

A short guide so you arrive settled, informed, and ready — with nothing left to wonder about.

01

Before we meet

Thank you for booking. Whatever brought you here — a number on a lab report, a kid who noticed, or just being tired of the whole thing running your day — you've made a decision most people put off for years.

Here's the frame for our work together: this session isn't about willpower, and it isn't about taking something away from you. It's about returning the freedom of choice. Right now the pattern chooses for you. Our time together is spent handing that decision back.

> THE ONE THING PEOPLE GET WRONG
>
> **Keep smoking or vaping exactly as you normally do until our session.** Don't taper, don't white-knuckle it, don't try to quit the week before. Arriving depleted from a failed attempt makes the work harder, not easier. Come in as you are.

In the days before

- [ ] **Keep a log of every cigarette or vape** for at least two days before we meet — online or on your phone at **mylastsmoke.com/log**. Full instructions on the next page. This is the one piece of homework, and it matters more than everything else on this list combined.
- [ ] Complete your intake form (linked in your confirmation email and on the Resources page at mylastsmoke.com) at least 24 hours before we meet.
- [ ] Sleep as well as you're able the night before.
- [ ] Write down anything you want to ask — there's a prompt list on the last page.

The day of your session

- [ ] **Block 90 minutes.** The session itself runs about 60 minutes. The buffer keeps you from watching a clock.
- [ ] **Eat something beforehand.** Light, not heavy. Low blood sugar makes everything feel worse.
- [ ] **Go easy on caffeine, and skip alcohol entirely.** Both change how settled you can get — and attending under the influence means we can't run the session.
- [ ] **Have your last one before we start** — not during, not after. Finish it, put it out, and come to the call.
- [ ] **Wear comfortable clothing.** Nothing tight at the waist or collar. You'll be sitting still for a while and you want to forget your body is there.
- [ ] **Use the restroom right before we start.** An hour is longer than it sounds, and stopping partway through interrupts the work.
- [ ] **Have water within reach.**

Your space and setup

- [ ] A private room where you won't be interrupted, overheard, or walked in on.
- [ ] A comfortable chair or a propped-up spot on a couch or bed — supported, not lying flat.
- [ ] Headphones or earbuds. This matters more than people expect.
- [ ] Working camera and microphone; device plugged in or fully charged; Wi-Fi you trust.
- [ ] Phone on Do Not Disturb. Notifications off on the device you're using.
- [ ] Pets and kids settled elsewhere for the full session.
- [ ] Not in a car, not at work, and never anywhere you would need to drive or operate machinery from mid-session.

02

Your smoking log

The most useful thing you can bring me, and the only real preparation I'll ask you to do. For a **minimum of two days** before our session — five is better — record **every single one**. Not a summary at bedtime; your memory tidies it up, and the tidying is exactly where the useful information was. Write it in the moment, each time.

Four things, every time

- **When** — the time on the clock.
- **Where** — kitchen, truck, loading dock, back porch.
- **Who** — on your own, with your partner, with the crew.
- **Why** — what you were doing or feeling in the sixty seconds beforehand.

That last one is the whole point, and the one people fudge. "Because I smoke" isn't an answer. Bored is. Wound up is. Just finished eating, waiting on someone, wanted a reason to step outside, she went out for one so I did too — those are answers.

WHAT A DAY LOOKS LIKE

TIME	WHERE	WHO	WHAT WAS GOING ON
7:10 am	Kitchen	Alone	*Just woke up, restless, coffee not ready yet*
10:45 am	Loading dock	With Dave	*Wanted a break. Didn't need one*
1:20 pm	Truck	Alone	*Finished lunch, felt heavy and sluggish*
4:05 pm	Back porch	Alone	*Email from my boss, jaw went tight*
9:30 pm	Driveway	Girlfriend	*She stepped out for one so I did too*

That's the level of detail. Thirty seconds each time.

Two rules

- **Don't tidy it up.** Embarrassing, petty, makes no sense? Write it exactly like that — those are usually the useful ones.
- **Don't cut down because you're tracking.** Watching a habit tends to shrink it without you deciding to. Resist that. I need your real pattern, not a polite version of it.

LOG IT ONLINE OR ON YOUR PHONE

Go to mylastsmoke.com/log on your phone or computer. Log each one in seconds — when, where, who, and why — and your entries come straight to me.

Prefer a notes app, voice memos, or the back of an envelope? That works too — send it to info@mylastsmoke.com the day before, or have it open when we begin.

WHY I'M ASKING

Two days of honest entries show you more of your own pattern than years of smoking did — you've simply never had it in one place. It also hands me the map: without it I spend our first fifteen minutes guessing at your triggers, and with it we go straight to the four or five that actually run your day.

03

Inside the session

About 60 minutes in total. Approximate — we move at the pace your session needs.

FIRST

Discovery — we find the real driver

We go through your history with nicotine, what's worked and what hasn't, and what the habit is genuinely doing for you: stress, reward, identity, escape, a reason to step outside. Your log does most of the heavy lifting here. I also explain exactly what we're about to do and answer anything still open — nothing happens that you haven't agreed to.

THEN

The work

Professional hypnosis and NLP, following the Quit Smoking in 60 Minutes or Less method as taught by Dr. Matt James, who holds a doctorate in clinical hypnotherapy — with Ho'oponopono, the Hawaiian practice of clearing, drawn on as your intake calls for. You'll be guided into a relaxed, focused state, aware and in control throughout, and we work with the pattern at its source rather than arguing with it.

FINALLY

Integration and next steps

We come back up slowly, talk through what came up, set the tools you'll carry out of the session — including what to do if an old urge ever flickers — and cover what the next few days actually look like. You'll get your post-session guide the same day.

04

What hypnosis is — and isn't

Most of what people picture comes from stage shows. The professional version is quieter and far less dramatic.

You stay awake

You'll hear everything, remember everything, and be aware the whole time. Most people describe it as the state just before sleep, or being absorbed in a film.

You can't get stuck

There's no such thing. If I stopped talking mid-session you'd simply drift off or open your eyes on your own.

You stay in control

You can speak, shift position, open your eyes, or stop at any point. No one can be made to do or say anything against their own values — that isn't how it works.

There's no "doing it right"

People worry they aren't going deep enough. Depth isn't the variable that matters. Willingness is.

> *You are not handing over the wheel. You're getting it back.*

05

What your session includes

- **The session** — about 60 minutes, one-to-one and live by video: discovery, the work itself, then time to integrate it.
- **A written follow-up guide** — sent the same day, covering what your body is doing over the next 90 days and what to expect in the moments that used to belong to the habit.
- **A free follow-up session if you need it** — if you're smoking or vaping at any point within 90 days of your session, your follow-up is free. It's a normal part of the process, not a sign that something went wrong.
- **The 90-day money-back guarantee** — if you complete your follow-up and are still smoking or vaping, you get your money back, as long as you request it within the same 90 days.

Full service terms, including the guarantee and refund policy, are at **mylastsmoke.com/terms** and were provided to you at checkout.

Questions worth bringing

- What has each previous quit attempt had in common?
- What is the habit doing for you — genuinely? Stress, boredom, punctuation to the day, a reason to step outside?
- Which single moment in your day would be hardest without it?
- What are you worried will happen if this works?

That last one catches people off guard. Bring your honest answer.

Rescheduling

Life happens. You can reschedule or cancel with **at least 24 hours' notice** before your start time — rescheduling is free, and cancelling with that much notice is fully refunded. With less than 24 hours' notice, or if you miss the session, the fee is non-refundable — but if you have a genuine emergency, reply to your confirmation email or call and I'll do what I can. Full detail is in our Terms of Service at **mylastsmoke.com**.

On recording

Sessions are recorded only with your express written consent, which you give on your intake form and which I confirm out loud before recording starts. It's optional — declining changes nothing about the service, the price, or your guarantee — and you can withdraw consent at any time, even mid-session.

Please note. This service is educational and supportive in nature and is not medical care, psychotherapy, or a substitute for either. It does not diagnose or treat any condition. If you are under the care of a physician or mental health professional, are pregnant or nursing, have a seizure disorder or a history of psychosis or dissociative conditions, or are taking prescribed medication — including nicotine replacement, varenicline, or bupropion — please tell us on your intake form and continue working with your prescriber. Do not stop or change any prescribed medication without their guidance. If your intake calls for it, I may ask your physician to complete a short medical clearance form (the Doctor Referral Form on the Resources page) before we meet. Individual results vary, and no specific outcome is guaranteed beyond the refund terms in our Terms of Service. You must be 18 or older. Services are not available in South Carolina. Full disclaimers at mylastsmoke.com.