



# **5 Things to Do *BEFORE* You Quit Smoking**

**A grounded guide for people who are  
tired of trying... and ready for  
something that actually works.**

*By Anali Nicolle, Clinical Hypnotherapist & Former Smoker  
Creator of The Identity Evolution Method™  
Specializing in subconscious rewiring for permanent non-smokers*

# Introduction



If you're reading this, you're probably in the place I was for years:

You want to quit. You know you should quit.  
You think about quitting all the time...

...but the idea of trying again feels overwhelming. And honestly? You're tired of being disappointed in yourself.

I get it. Not in a textbook way. In a "I lived it" way.

I smoked for 20 years. I started sneaking cigarettes from my parents' pack at 15. By my 20s, I was hiding it from everyone — my friends, my coworkers, even my doctor. I was an athlete. I worked in healthcare. I saw firsthand what smoking does to the human body. And I still couldn't stop.

I tried everything. Cold turkey. Patches. Gum. Willpower. "Just one more, then I'm done." Over and over. And every time I went back, I believed a little more that something was wrong with me.

Nothing stuck until I finally understood the deeper patterns underneath it — the ones no patch or quit date could touch.

This guide is not about forcing willpower or pretending quitting is easy.

It's about preparing your MIND — the part that actually controls the habit.

These five steps will help you get clarity, reduce the fear of failing, and set yourself up for the version of quitting that actually works.

Let's get started — gently, honestly, and without pressure.

# 1. Understand What Smoking Is Really Doing for You

Most people think smoking is just nicotine.

It's not.

Smoking isn't a nicotine problem. It's a coping mechanism. And your brain will fight to protect it until you give it something better.

Here's the truth: You were never fighting the cigarette. You were fighting the feeling it was helping you avoid.

**Smoking gives you something emotionally — and until you understand what that something is, quitting will always feel like a fight.**

Ask yourself:

- What does smoking give me?
- What happens emotionally right before I reach for a cigarette?
- What do I feel after I smoke?
- What part of my day feels impossible without it?

For most smokers, cigarettes are:

- stress relief
- a break
- a boundary
- a way to escape
- a moment of silence
- a reward
- an identity

Knowing what smoking gives you is the first step in creating life without it. You can't remove something until you understand what it's been doing.

## 2. Map Your Triggers (Without Judging Yourself)

Triggers aren't random.

Your brain has paired smoking with certain moments thousands of times.

Common ones:

- Morning coffee
- Driving
- After meals
- Stress
- Boredom
- Evenings
- Social situations
- Being alone
- Drinking
- Work pressure

Your job right now isn't to stop them.

It's simply to notice them.

Awareness makes your subconscious visible — and once you can see the pattern, you can change it.

You are not judging yourself.

You're getting clarity.

Quitting becomes easier when the mystery is gone.

# YOUR SMOKING PATTERN SNAPSHOT

*Take 60 seconds. Be honest. No one sees this but you.*

**Prompt 1: I smoke most when...**

**Prompt 2: A cigarette helps me feel...**

**Prompt 3: The urge is strongest when...**

**Prompt 4: If I couldn't smoke in those moments, I'd feel...**

Keep this page. What you just wrote down is your pattern — and it's the reason quitting has felt so hard. Not because you're weak. Because no one ever helped you see it clearly before.

You just did something most smokers never do: you made the invisible visible.

# 3. Stop Trying to Use Willpower (It Was Never the Problem)

If you've tried to quit with willpower before, you already know how that story ends.

Willpower lives in your thinking mind.

Smoking lives in your subconscious mind.

These two parts of you don't speak the same language. That's why it feels like:

- a battle
- a tug-of-war
- a "good day / bad day" cycle
- one stressful moment can ruin your progress

You've been taught that quitting should be a test of strength.

It's not.

**It's not about being stronger. It's about speaking to the part of your brain that actually makes the decision — the part you've been ignoring this whole time.**

Before you quit, give yourself permission to drop the belief that you "just need to try harder." If willpower worked, it would've worked already.

There's nothing wrong with you.

You've just been using the wrong tool.

# 4. Look at the Identity You've Built Around Smoking

This is the piece almost everyone misses.

Many smokers don't just smoke. They see themselves as a smoker:

- "I've smoked for 20+ years."
- "It's part of my routine."
- "It's how I handle stress."
- "It's what I do when I'm bored."
- "It's who I am."

If your subconscious identity is "I'm a smoker trying to quit," guess what?

You will always feel like you're fighting yourself.



Before you quit, start shifting gently into:

**"I'm someone who's preparing to become a non-smoker."**

Identity leads behaviour.

When the identity changes, the behaviour follows naturally — without the fight.

# 5. Understand What Actually Works (And What Doesn't)

Here's the truth no one told you:

You don't need patches.

You don't need gum.

You don't need apps.

You don't need "quit dates."

You don't need superhuman discipline.

**You've been sold products. You've been sold apps. You've been sold willpower. But no one has ever helped you change the story your subconscious is telling about what cigarettes do for you.**

You need one thing:

**A subconscious shift.**

The moment your subconscious mind stops believing cigarettes help you...they stop having control over you.

This is the difference between:

**forcing yourself not to smoke**

vs.

**no longer needing to smoke**

If quitting has always felt like a battle, it's because the deeper part of your mind was never included in the process.

Your mind wants relief.

Your mind wants safety.

Your mind wants comfort.

Once it learns new ways to get those needs met — smoking loses its power.

And that is when quitting finally feels possible.

# You're Not Failing.

# You're Preparing.

If you've read this far, you're not failing. You're preparing.

You're giving yourself the clarity, awareness, and emotional understanding that makes quitting finally make sense.

You're not broken.  
You're not weak.  
You're not "bad at quitting."

You've just never had a method that worked at the level where the habit actually lives.

You deserve a version of quitting that feels grounded, human, and actually achievable.

**And when you're ready to do this work — the real work, at the level where it actually matters — I'll be here.**

You're closer than you think.

**— Anali Nicole**  
**Clinical Hypnotherapist &**  
**Former Smoker**



# WHAT HAPPENS NEXT

You just did something important.

You didn't just read a guide — you started looking at your smoking pattern with clarity instead of shame. That takes more courage than most people realize.

And if you're not ready to take the next step yet — that's okay. You don't have to be.

But I don't want you to lose this momentum.

Every Sunday, I send one short email called CTRL-ALT-DELETE: The Weekly Reset.

No pressure. No sales pitch. Just one honest insight each week that helps you understand your pattern a little more — so that when you are ready, you're not starting from scratch.

Think of it as a continuation of what you just read.

You started the preparation here. The Weekly Reset keeps it going.

If you downloaded this guide, you're already on the list. Watch your inbox this Sunday.

And if something in this guide hit close to home — reply to that first email and tell me. I read every one.

What you don't change, you choose.

# WHERE YOU GO FROM HERE

If this guide helped something click — even just a little — you have two ways to keep going.

## **PATH 1: KEEP PREPARING.**

You've started seeing your pattern. Don't let that fade.

Every Sunday, CTRL-ALT-DELETE: The Weekly Reset lands in your inbox with one insight that builds on everything you just read. No pressure. No pitch. Just clarity — one week at a time.

You're already on the list. Just watch for it.

## **PATH 2: START THE CONVERSATION.**

If something in this guide made you think "I'm closer than I thought" — you might be ready to talk.

A free quit smoking call is a 30-minute conversation where we look at your specific pattern together. I'll tell you exactly what's been keeping you stuck, how the Identity Evolution Method™ works, and whether this is the right fit for you.

No scripts. No pressure. Just an honest conversation between two people who understand what smoking really is.

**[Book your free quit smoking call HERE](#)**

**What you don't change, you choose.**

**Either way — you're building on what  
you just learned.**

**And that's already more than most  
people ever do.**

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