

A person is standing on the peak of a grassy cliff, looking out over the ocean at sunset. The sun is low on the horizon, creating a warm, golden glow. The ocean is visible in the foreground and background, with gentle waves. The sky is filled with soft, wispy clouds.

Overcoming Cigarette Cravings and Quitting Smoking

TAPPING MEDITATION

AUDIO TRANSCRIPT





Overcoming Cigarette Cravings and Quitting Smoking: Tapping Meditation

NICK ORTNER

Nick Ortner: Hi, this is Nick Ortner from TheTappingSolution.com. If you are new to tapping, visit our website to learn the basics of the process before doing this tapping meditation. In this tapping meditation, we will be quieting cigarette cravings.

When cravings strike they can be incredibly intense, like your whole body is begging for a cigarette. They are often hard, if not impossible, to overcome using willpower alone. We will be tapping to quiet the physical craving and also addressing the stress and emotions that may be contributing to your craving.

Today's meditation is meant to serve as a guide to get you tapping on this topic and give you some general language and ideas on how to tap. If the language doesn't apply to you, you can change it to fit your needs. As you tap, notice any ideas, thoughts, impressions, emotions, or specific memories that you can tap on either during this meditation or on your own. The more specific you can be with your particular experience, what you're feeling exactly, what happened, or what you believe, the better your results are going to be.

We will start by focusing on what you're currently feeling. We will spend a few minutes doing negative or truth tapping, not to anchor it in but rather to acknowledge it and let it go. Feeling safe to acknowledge how we feel, to speak the truth about our current experience is one of the most powerful things you can do.

You can use this tapping meditation at any time, including at regular times like first thing in the morning or at times of day when you typically crave a cigarette. Doing this tapping meditation on a consistent basis like that can help prevent cravings. You can also do this tapping meditation when a



cigarette craving strikes. When you are in that moment and the craving is really intense. Come back to this meditation and keep tapping until the craving quiets down. It can be really powerful when you tap on something like that in the heat of the moment. People are often amazed at how quickly their cravings go away.

To begin, focus on your cigarette craving. Notice where you feel the craving in your body. Notice any emotions you feel. Imagine what you will feel if you go ahead and have a cigarette. Notice also how you feel about not satisfying your craving. Maybe that makes you feel anxious or panicked or even angry. Just notice all of that and then rate the intensity of your craving on a scale of zero to ten, with ten being the most intense craving you could imagine having. Write that number down or just remember it. And let's get started by taking three deep breaths. Feeling present and grounded in your body. Feeling safe. We will start by tapping on the karate chop point, the side of the hand, and just repeat after me.

Side of Hand	Even though I am having such an intense craving I really feel like I have to light a cigarette right now I love myself and accept how I feel Even though this cigarette craving feels so intense I just don't think I can quiet it down I deeply and completely love and accept myself Even though this cigarette craving I am having feels so intense I just can't ignore it I choose to relax and feel safe now
Eyebrow	This cigarette craving
Side of Eye	It's so intense
Under Eye	It feels like my body needs a cigarette
Under Nose	I feel like I need a cigarette
Under Mouth	I really want to smoke right now
Collarbone	I would feel so much better if I had a cigarette right now
Under Arm	I just really want to smoke right now
Top of Head	I need to smoke a cigarette



EB	This craving, it's just so intense
SE	I can't ignore it
UE	I have to smoke
UN	This craving is just so intense
UM	My body needs a cigarette
CB	This craving is just so intense
UA	What is this craving really about?
TH	It feels so much like my body needs a cigarette
EB	But what if that's not what I really need?
SE	What if I really just need a break?
UE	Some time to relax
UN	Maybe that's what I'm craving
UM	But it's just so hard to relax when I'm having this craving
CB	It's making me so anxious
UA	I just can't relax until I have a cigarette
TH	But maybe I can find another way to relax
EB	Maybe I don't need a cigarette to feel less anxious
SE	Maybe I can relieve stress and anxiety by tapping
UE	Letting go of this anxiety and stress I'm feeling right now
UN	Allowing myself to relax right now
UM	I can relax on my own
CB	I don't need a cigarette to take a break
UA	I can give myself a chance to relax right now
TH	Allowing myself to relax now
EB	Releasing this craving
SE	Letting it go
UE	Releasing this craving from every cell in my body
UN	Releasing this memory of craving
UM	Resetting my body
CB	And releasing this craving
UA	From every cell in my body
TH	Right now

TAPPING MEDITATION



Take a deep breath. Tune back in and notice how intense your cigarette craving is now. Give it a number of intensity on a scale of zero to ten. How has it shifted from before? Was it an 8 and now it is a 7 or a 6 or a 5? Even shifting the craving from an 8 to a 5 is a massive difference. Even bring it down bit by bit or bringing it down a together can make it so you have control once again.

Notice also what else came up during that process. What other emotions, memories, or ideas? Write down anything else that came up and either continue tapping on it now or commit to addressing it in the future. The fact that you have done this tapping meditation shows that you are committed to quitting smoking. I honor that strength and commitment and I know that you can do this. Keep tapping with this meditation or on your own and notice how effortless and fun quitting smoking becomes.

Until next time this is Nick Ortner from TheTappingSolution.com. Take care and keep tapping.