

# HYPNOTHERAPY

MALVERN

## Change for good!

### Drink Domination!

Alcohol drinking can sometimes give us a needed supply of self-confidence, fun and relaxation. Many class it as a 'happy liquid'! feeling that it can bring the child-like qualities out in us and enable us to overcome:

- self-doubt,
- anxiety,
- procrastination (which causes self-doubt and anxiety),
- fears,
- emotional issues or pain,
- depression,
- insecurities etc.

**Drink Domination** is all about using your unconscious mind to choose positive rather than negative behaviours. So that you can develop and train your mind to be calm, confident and happy in all aspects of your life and to cope well without the use of alcohol.

Your mind is constantly trying to protect you and to make you feel happy and relaxed and it does this by encouraging you to do things that help produce those feel good hormones i.e. that first glass of wine or that bar of chocolate. The challenge is that this causes a reliance and a negative habitual behaviour and results in us having to consume more and more alcohol/chocolate to get that same feeling.

These negative thoughts and behaviours also encourage our 'Enemy within' – that nagging voice that constantly jabbars away and makes us query our self-esteem. It can quickly make us feel useless & depressed and encourage us to hit the

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bottle to release our happy hormones. **Drink Domination** will focus on shushing this negative voice and build up its nemesis – Our Happy Confident ‘Ally Within’

To do this your hypnosis recordings are key. You must listen to them regularly to enable your unconscious mind to accept what you truly desire. The repetition is essential so listen ideally every day so that you experience fast successful results. This will increase your strength, determination and confidence will reduce any need for alcohol. You will find it easy to avoid alcohol altogether if that is what you desire or maybe just reduce your intake so that you are in control.

#### INITIAL ACTION PLAN

1. Fill in your **Goal Sheet** – This is vital because you need to have clearly defined focus for your unconscious mind to head towards. It won't know what to deliver unless you are very specific about what you want. If you skip this step your unconscious mind will take you back to your old behaviour because that's what it thinks makes you happy.
2. Then email your goals to Keren ([keren@hypnotherapymalvern.com](mailto:keren@hypnotherapymalvern.com)) – This is critical because she is your accountability partner and she also needs to know where you are headed to help you get there!
3. Then review your **Weekly Tick List Form** – Again this is a powerful, simple and effective part of the programme. The aim is to get as many gold stars as possible – really focus on the first few days being alcohol free so that you get 6 ticks and a gold star. Then your challenge is to keep the gold stars coming and not to break the sequence. Review the form to see what happens if you have any alcohol and aim to achieve stars every day over the month (gold, silver or bronze). Keren will be asking you regularly as a form of encouragement and motivation.

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4. **Water Intake** – keep topping up, ideally drink 2 – 3 litres a day. Add cucumber, lemon or apple cider vinegar as they all help to reduce body inflammation and cravings. If you still want to drink alcohol but in a controlled way, the recordings will encourage you to only ever drink alcohol if you enjoy with it a glass of water. This simple but effective long-term behaviour will significantly reduce alcohol intake naturally and dilutes its effect on your body and mind too.
5. Help the **Detox Process** – take a Milk thistle supplement as it supports and rejuvenates liver function (check suitability with Keren should you have any health concerns/medication use). Use Epsom salts regularly too to help your body in flushing out toxins. For a detoxing bath, add two cups of Epsom salts to warm bathwater and soak for 40 minutes. The first 20 minutes will give your body time to remove toxins from your system while the last 20 minutes will allow you to absorb the minerals in the water and help you to feel rejuvenated. Drink some lemon water or camomile tea during and after your bath, to keep hydrated and increase detoxification.
6. When you have set and sent your goals to Keren, you will get the first **Hypnosis recording**. Listen to this as often as you can over the next 2 weeks (you just need to be sitting or lying down with your eyes closed and to let Keren's voice do its magic). You will then receive a different recording in a fortnight to listen to for another couple of weeks.
7. Also practice the **Emotional Stress Release Technique** (separate handout) any time that you get a craving or are experiencing one of those habitual times when you would normally reach for alcohol. This technique is wonderful in giving immediate and long-standing relief from cravings. Please use it and enjoy.