

Healing The **ADDICTION**

Breaking Free and Healing From Addiction



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Introduction



“Psychological and physiological dependence on a substance or practice” – is the medical definition of the term addiction.

An addiction is an uncontrollably strong longing for something - an abnormal kinky obsession for things. A person with an addiction is called an addict.

Addiction is a hydra-headed concept having different facets. Medical researches and studies have divulged that every individual to some extent has an addiction. People who have an uncanny pining or obsession for anything, are indeed addicted. Medical studies have also revealed other forms of addiction besides alcohol, nicotine, and drugs.

According to the medical community, generally, there are two forms of addiction. First, there is the physical addiction, or physical dependence and psychological addiction. The second type is called pseudo-addiction.

Physical dependence: An addiction in which the addict becomes physically dependent on intoxicating substances or drugs. People

dependent on tobacco or smoking suffer from nicotine addiction. Dipsomaniac people suffer from alcohol addiction.

Drug addiction means addiction to certain drugs. Drug addiction is an extreme state of addiction resulting from drug abuse. Drug abuse is a common practice where hard drugs are abused – for example, cocaine, amphetamines, methamphetamine, opiates (heroin, morphine, and codeine), and laxatives - drugs derived from narcotics.

There is a debate over the idea that freely-sold substances like alcohol and nicotine should be classified as hard drugs, as both are linked with high mortality rates.

Psychological Addiction

The term means getting psychologically addicted to certain things or practices. Sometimes some people are highly obsessed with practices like gambling, food, sex, pornography, computer, work, shopping, spending, etc.

Therefore as absurd as this may sound, these people do suffer from gambling addiction, food addiction, sex addiction, porn addiction, computer addiction, work addiction, shopping addiction, and spending addiction respectively.

People addicted to food consumption are highly preoccupied with overeating and overeating is food addiction. These people are sometimes mockingly dubbed as “food alcoholics.” Narcissism is also a form of addiction.

Pseudo-addiction is the state in which a patient manifests drug-seeking behavior similar to psychological addiction; however, the patient experiences genuine pain or other symptoms in such cases. Normal behavior is resumed as soon as the pain has subsided.

The physical dependence on a substance such as drug addiction, nicotine addiction, and alcohol addiction can sadly often have direly fatal results.

Addiction in any form is a sign of an abnormality that requires immediate treatment. An addiction is a disorder, but it is treatable.

There are numerous addiction help centers or rehabilitation centers providing addiction treatment, all over the world. Standard drug addiction treatment may include behavioral therapy, medication therapy, or a combination of both.

People experiencing any symptoms of addiction should go forward for treatment before their addiction becomes significantly advanced.

Understanding Addictions

Addictions eventually catch up with you and change your life in such a way that you will have to face the fact that you need help.

Recovering from addictions usually happens once you have hit the bottom and finally realize that you need help from outside sources so that you can lead an addiction-free life. Many types of addictions will have a devastating effect on your life.

Addictions, and recovery from them, require that you actively seek help from a source other than yourself. You may want to start by consulting with your family doctor or with an addictions counselor.

This is a good place to start since it will be important to access both your emotional and your physical behavior as they are related to your addictions and your substance abuse.

You and your doctor will need to decide what is going to work best for you so that you stop using your drug of choice. It won't matter what your type of addiction is since all addictions require the same amount of professional help and support.

There are several different types of addictions that you may or may not already be aware of. Addictions include:

- Alcohol abuse
- Opiates
- Food addictions
- Marijuana abuse
- Relationship addictions

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- Sex addictions
- Gambling addictions

People become addicted to many types of substances. Many people become addicted to medications and other substances. Some substances are more addictive than others. For instance, drugs like heroin are so addictive and it can take only one or two uses before a person is addicted.

A person who is addicted to cocaine has grown so used to the drug that they feel they can't live without it. Addiction can be physical, psychological, or both. Physical addiction is when a person has become physically dependent on a substance.

Over time a person will build up a tolerance to that substance so that they need a larger dose so that they get the same effects. When an addict who is physically addicted to a substance stops using they may experience withdrawal symptoms. Withdrawal can be much like having the flu and include symptoms such as shakes, diarrhea, and weakness.

Believe That Recovery Is Possible

Freedom from addictions is often referred to as "recovery." There are many temporary solutions for freedom from addictions but there are only two ways to permanently overcome addictions.

One of the most common methods of overcoming addictions is to be firm with the practice of abstinence. This means that you completely stop using your drug of choice so that you have no way to continue to feed addictions.

This means that the alcoholic can never have another drink and that the gambling addict can never again go to a casino or other place where any type of gambling action takes place.

This method of abstinence, however, won't work with food addictions since you cannot stop eating. Wanting to give up your addictions is one thing, but following through with abstinence is usually very difficult for an addict.

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Many addicts think that they can continue with their addictions but only moderately use their drug of choice. For most people with addictions, this is only a dream and wishful thinking. Full recovery from addictions for most addicts will mean a lifetime of abstinence from their drug of choice.

For those addicts with addictions that can be controlled by moderately limiting the drug of choice, there is the realistic goal those addictions can be overcome permanently. These types of addictions include food addictions, shopping addictions, and sexual addictions.

The addict will need to decide how much moderation they need to exercise before their addictions take over with addictive behavior once again. This is the path of recovery from addictions.

Chapter 1: Signs Of An Addiction



Addictions come in many forms.

It's important to recognize the signs of addictions to seek out help before the problem becomes too large.

Some different types of Addictions are:

- Caffeine addiction
- Nicotine addiction
- Drug addiction
- Alcohol addictions
- Gambling addictions

As mentioned above it's very important to recognize the symptoms of addictions to be able to recognize and treat addiction before it becomes too serious.

There are several different symptoms, some vary on the type of addiction, and others are age and gender-specific.

Here is a look at some of the most common symptoms:

Uncontrolled Craving and Desires

This symptom can be general to all types of addictions. For example food/drink cravings, gambling cravings.

Fatigue

Oftentimes addictions will result in both physical and mental fatigue, as your body will often be working overtime, and not resting properly.

Obsessive Thoughts

Can you not get a thought out of your mind, is it starting to take over and affect the way you think?

Change in Behavior

Do you suspect that your behavior has changed? Are you moodier, or easily frightened?

Hyperactivity

Do you seem to be excessively active, but not getting a lot done? Do you fidget more than usual? Do you have a problem sitting still for any length of time?

These are just a few of several signs that can indicate the development or indication of an already existing addiction. If you are experiencing any of these signs, and it is unusual for you, I would recommend seeking out further existence either by a medical or mental professional.

Be smart with your health and body. Your only given one chance with it!

The Symptoms Of Addiction

Addictions are most commonly associated with drug and alcohol addiction. The truth is millions of people suffer from all kinds of addictions. Common addictions are to alcohol, controlled substances, and prescription medicines.

Additions you might not think are addictions are related to compulsive behaviors like gambling, shopping, food, the internet.

An addiction of any type is readily recognized by the fact that "it is not a matter of choice." Individuals who are addicts cannot "decide" to stop abusing, for example, alcohol or a certain drug, or even the behaviors of gambling or shopping. Addictions affect the user, their family, and friends.

What is an addiction? How does an addiction begin? When does the pattern of behavior become an addiction? Some individuals may be able to use a substance or engage in a behavior periodically over years without becoming "addicted." Other individuals are not capable of stopping and do become addicted.

Are addictions only in certain social, educational, or ethnic groups? Absolutely not! There is no such thing as a typical addict.

The causes of addiction have been studied for several years. Addiction is caused by the emotion the substance or behavior brings about in the user. The body and mind become dependent on that feeling and seek to maintain it.

There are addiction risk factors that make some people more likely than others to become addicts. Studies show that sometimes addictions can be hereditary. The child of an alcoholic may not grow up to be an alcoholic; however, they may become addicted to gambling or some other type of compulsive behavior as an adult.

Besides hereditary, individuals who grow up in families with abuse, neglect and who are impoverished are more likely to become addicts.

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For most addicts, it can be extremely difficult to recognize that what they have associated as simply a habit is an addiction.

While every individual is different some symptoms are prevalent among most addicts and addictions:

Symptom 1:

Unable to meet responsibilities at home, school, or office.

Symptom 2:

Continues to use substances or engage in behavior even when it is dangerous.

Symptom 3:

The need increases to engage in behavior or use more of a substance to achieve the same effect or feeling.

Symptom 4:

Has tried but failed to stop using the substance or end the behavior.

Symptom 5:

Continues to engage in the behavior or use the substances even when they are aware of the dangers.

Answering yes to three or more of the above symptoms during 12 months may show that you or a loved one has an addiction. The first step to treating an addiction is recognizing that it exists.

There is no cure for addiction. Treatment and counseling can help an addict to learn how to control their behavior, withstand impulses and recognize the presence of a problem, but an addict is never cured. Treating addiction can take years and requires ongoing support from friends, families, and support groups.

A 12 step program can be particularly beneficial in treating addiction. One of the most well-known 12 step programs is AA, also known as

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Alcoholics Anonymous. There are similar programs for all types of addictions.

Living with an addiction requires a daily commitment and there is always the possibility of relapsing. An addict that has been "clean" for even 20 years can succumb to temptation just as they did decades before.

There are several treatment programs and centers that can help with the numerous types of addictions that are prevalent today. Many of them are anonymous. Support groups are also available to help family and friends who experience the effects of addiction on a loved one.

The information contained in this article is for educational purposes only and is not intended to medically diagnose, treat or cure any disease. Always consult a health care practitioner before beginning any health care program.

Chapter 2: Dealing With Addiction In The Family



Dealing with addicted family members is always a big challenge.

There are some important issues to explore when someone you love is harming themselves.

Are You Contributing To The Problem?

People use various addictions to avoid their painful feelings, especially their feelings of anxiety, stress, aloneness, emptiness, and loneliness. Is there some way that you are contributing to their pain?

While you are not responsible for how someone deals with pain, you are responsible for anything you are doing that may be contributing to it.

Some of the ways you might be contributing are:

- Being judgmental toward the addicted person to control them regarding their addictions or regarding other behavior.
- Caretaking the addicted person by covering up for them or doing things for them that they need to be doing for themselves.
- Being discounting or dismissive toward them, when they try to share their feelings with you, about something you might be doing that is difficult for them.
- Telling yourself that you are responsible for them, rather than taking loving care of yourself.

Accepting Your Lack Of Control

Regardless of how you might be contributing to the problem, their choice to act out addictively is still 100% their choice, and you cannot control this.

When you do not accept your powerlessness over another's choices and behavior, then you might stay in situations that are detrimental to you, trying to get the other person to change.

Staying Tuned In To Your Feelings and Needs

Are you focused on the addicted person rather than on your feelings and needs? Are you putting yourself aside in your attempts to help them? Are you abandoning yourself in your efforts to get them to stop abandoning themselves and harming themselves?

If you focus on your feelings and your responsibility for yourself, what would you be doing differently? Are you feeling sad, used, angry, or anxious much of the time? If this is the case, then you need to start taking care of yourself rather than abandoning yourself.

Taking Loving Action

If you completely accept your lack of control over the other person and stop caretaking them or judging them, and if you tune into yourself

and discover that you are distressed as a result of this relationship, then you have some hard decisions to make.

It is very important to understand that whatever is truly in your highest good, is also in the highest good of all. When you take loving care of yourself, you open the door for others to take loving care of themselves.

What are some of the loving actions to take regarding the addicted person?

- Join the appropriate 12-Step group to help you move out of enabling the addicted person and out of enmeshment with him or her.
- Get professional help to heal your need to control through your caretaking or through being judgmental.
- Contact a professional who does interventions and brings together all the people who are sad about the situation and are willing to stop contact with the addicted person until he or she goes into a treatment center or gets some other form of good help.
- Decide for yourself that you will no longer be involved with the family member as long as he or she is acting out the addiction. This means leaving the relationship, which may be a very hard thing to do. You may need professional help to take this action.
- Accept the person as he or she is, completely accepting that the addiction will continue, and learn to take care of yourself within the situation.

When you completely accept your lack of control and deal with your controlling behavior, then you can open to learning about the loving action to take on your behalf and behalf of the addicted family member.

Boundaries and Addictions

Many of us have experienced difficult relationships with someone or with several people who have been addicted to alcohol, drugs, gambling, or some other unhealthy pursuit. How might we deal with these difficult relationships, recognize them early, and prevent such relationships in the future?

My dear mother was unfortunately an alcoholic. One day I realized something vitally important:

Just because you love someone, doesn't mean it is healthy to be near them.

It is tremendously useful in life to learn to separate your feelings for someone, with your understanding of what is or is not, healthy for you to be around.

We need both love (or at least like) and healthy dynamics for a relationship to continue. If both are not present, then the relationship can make you unhappy, or even destroy your health, confidence, and safety.

Ironically, it is also better for them, to separate if they will not work on controlling their addiction. Maintaining the relationship while their addiction runs unchecked, encourages their addiction to continue.

It is not a significant consequence for them to argue with them about their addiction, for they can remain addicted and behave badly, and still have their relationship with you.

You might even be helping to support them, so why should they stop? It is an addiction, so it is powerful.

If you have been in a relationship with someone who is addicted, it would be very helpful to you to decide on your boundaries now, so that you can address the matter with a clear head if it comes up again.

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Here are some suggestions for behavior that is not acceptable in your relationships:

- If they borrow money from you to pay for their addiction, or borrow money from you to pay for their needs because they spent their own money on their addiction.
- If their addiction prevents them from supporting themselves financially.
- Lying in any way, to cover up the truth of their activities.
- Being cruel or violent to you in any way, while they are inebriated or sober.
- Causing you damage to property or loss of reputation.
- Long absences or causing you great worry.
- Putting lives at risk by drinking and driving.

If you find yourself in a situation where your partner, family member, or friend is addicted, address it immediately. For best success, don't allow it to continue as it is.

You need to give an ultimatum with consequences. I highly recommend that you tell them that they must participate in an organized help program for their addiction, or you will cease all support, end your relationship with them until they have control over their addiction, and you will not live with them.

If you can, organize other loved ones to give the same message at the same time, for it will be more effective.

These are very difficult situations, but remember two things: You will be helping both yourself and them if you take care of your own emotional and safety needs, and, just because you love someone,

doesn't mean it is healthy to be with them. While they are addicted, love them from afar.

Conquer Addiction With Hypnosis

An addiction can take control of a person's life. For example, a successful man who is an alcoholic can lose everything including his business, family, and reputation because of the devastating effects of his alcohol addiction.

Alcohol is just one of many debilitating addictions that can affect our lives. Others include tobacco, prescription medication, food, recreational drugs, or even sex. When a person is under the power of addiction, that addiction controls their work relationships, personal relationships and so much more.

A person that is addicted to something is hindering and limiting their life. To live without addiction is to experience life as it should be, as we are born. There are several reasons why a person may become addicted to something.

Some of the reasons include poor self-esteem, a traumatic experience, stress, or simple old bad judgment. If you are addicted to something, I am sure you have tried to regain control of your life and end the vicious cycle. For some people this is easy, but for many others, it's a desperate fight that seems to go on and on.

Hypnosis is an effective way to conquer addiction. The process of hypnosis is safe, gentle, and extremely rewarding. Hypnosis works on a subconscious level. While a person is undergoing hypnosis they are induced into a deep state of relaxation.

The subconscious mind is highly receptive to new perspectives and ideas during this state of deep relation. The subconscious mind will receive positive suggestions that have an individual visualize a life without addiction. During the visualization process, the individual can

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“feel” how great a life without addiction is and this can be extremely profound.

While an individual is in the process of hypnosis the individual is given encouragement, motivation, confidence-building statements, and a definite plan to conquer addiction.

The positive suggestions that the subconscious mind receives causes the individual to change their negative behavior and thinking patterns. It is because of this change that a person can conquer their addiction.

Hypnosis alleviates both stress and anxiety, calming the nerves, the mind, and the whole body. People who have undergone hypnosis have greater confidence and increased self-esteem.

If you want to conquer your addiction and turn your goals into reality I recommend, as a practicing hypnotherapist, that you seek out the services of a qualified hypnotherapist in your area. Hypnosis can help you to conquer your addiction and live a happier, healthier, and more rewarding life.

Chapter 3: Beyond Fear and Addiction



There is a wonderful anachronism for FEAR:

- False
- Evidence
- Appearing
- Real

Much of the fear in our lives is based on false evidence.

Our bodies are designed to respond with the fight or flight mechanism to real and present danger - such as being physically attacked. In the face of the real and present danger, the adrenaline flows and the blood drains out of our organs and brain and into our limbs to prepare us for fight or flight.

Yet many people spend much of their time in the anxiety and stress of fight or flight when there is no real and present danger. This is

because the body responds the same way to imagined danger as it does to real danger. The body thinks that the false evidence coming from our thoughts is real.

This constant state of fear and anxiety often leads to various addictions in the hope of numbing out the difficult feelings. Food, alcohol, drugs, nicotine, gambling, sex, TV, shopping, approval, attention, work, anger, rage, violence to self and others – all can be used in attempts to block out painful feelings.

Yet, the addictions themselves are an abandonment of self, in that they are not a healthy and loving way of dealing with painful feelings. And it is self-abandonment that causes the most fear, anxiety, and depression.

Thus, many people are caught in a very negative circle based on self-abandonment:

- Thinking negative thoughts about the future - about rejection, failure, loss of others, loss of self, loss of money – creates fear in the body and is an abandonment of self. We are abandoning ourselves when we allow ourselves to make up thoughts about the future that scares us.

This would be like saying to a child, “You are going to end up alone. No one will ever love you. You will be out on the streets with no food and no help.”

Saying this to a child would be considered child abuse, yet many people tell these same things to themselves over and over when there is no objective truth to these statements.

- Once we have created fear with our negative thinking, we try to avoid the fear with our various addictions. Avoiding responsibility for creating our fear by turning to addictions is another self-abandonment.

This is like offering a frightened child a cookie instead of addressing the source of the fear. The self-abandonment creates deep inner emptiness and aloneness, which perpetuates the addictive behavior. It also creates neediness, leading to pulling on others for love, approval, and attention.

- Addictive behavior perpetuates the original fears – an endless vicious circle of self-abandonment.

Moving Beyond Fear and Addiction

There is a way out of this! While the process of moving beyond fear and addiction is simple, it is not easy. It takes deep commitment and devotion to your peace and joy.

- Choose the willingness to feel your painful feelings and take responsibility for creating them, rather than continue avoiding them with your various addictions. It is only when you are willing to be with your feelings rather than avoid them that you can learn about how you are creating your pain.
- Consciously decide that you want to learn about what you are thinking or doing that is causing your pain.
- Dialogue with the part of you that is in fear and pain - you can think of this feeling part of you of a child within – about how you are causing the pain. Discover your thoughts and actions that are causing your pain.
- Open to learning with a Higher Power – your own highest wisest self, an inner teacher or mentor, a guardian angel, God – about what is the truth regarding your negative thinking and what the loving action is toward yourself.
- Take the loving action for yourself that you are guided above.

- Notice how you feel. If you feel more peaceful, then you know that you have taken loving action. If not, then you need to go back through these steps to discover another loving action.

How To Get Rid Of Addiction and Abuse

Tell me, does this describe someone you know?

Some people who feel inferior use an addiction to try to overcome weaknesses, especially in times of increased stress or deep inner conflict.

A person's inner inferiority complex reveals itself in his or her actions such as addiction, drug abuse, alcohol abuse, child abuse, compulsive eating, blame, and aggression among others.

No successful person desires a destructive addiction. What people who choose addiction or abuse want is the power and ability to create better lives.

Fearing they do not have this power to improve their lives, you will hear these people use excuses and blame to justify their addiction and abuse and protect what little dignity they feel they have left.

If you find yourself or others dealing with addiction or abuse, instead of justifying or blaming, ask the following questions:

- Do I want healing and resolution for this addiction or abuse?
- Am I willing to improve myself to achieve healing?
- Do I realize I can't control others? The only one I can control is me.

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- Am I willing to take the first step for myself and get rid of my addiction, abuse excuses, blame, and other destructive habits to achieve peace and happiness?

Alcohol abuse and drug abuse are common crutches today. I have met many people who feel tongue-tied or awkward at social events. They find a few cocktails or beers “give them a lift” turning them from introvert to extrovert. Many people drink to feel better about themselves, even to the point of abuse or addiction.

For an article entitled Lori Prokop Interviews the Experts, one doctor said to me, “It’s sad but true. A seemingly innocent use of alcohol can quickly and easily become an addiction, especially if people perceive they are somehow ‘improved’ when they drink.”

Alcohol abuse, drug abuse, and any other addiction are serious forms of personal loss. The people, who depend on any exterior addiction or abuse rather than improving their perceived weaknesses and healing their pains, are beaten from the start.

Such a person can find healing. They must get rid of the addiction and abuse, find a healing system that works, and resolve their fears and pains.

Chapter 4: The Difference Between Habit and Addiction



The distinction between addiction and habit shows how easily habits can be changed through self-hypnosis.

President Bush said we are addicted to oil. Most smokers say they are addicted to nicotine. I thought I was. Some, in attempting to quit, chew nicotine gum or apply nicotine patches. Neither work in more than fifteen percent of cases because nicotine is not addicting. Heroin is.

Until recently I did not make that distinction. I once published an article about all kinds of addictions that were no more than habits.

A relatively small percentage of the population is addicted to alcohol. Heavy drinkers just have the habit of drinking a lot every day.

Smokers have the habit of putting something in their mouth up to 400 times a day. Americans have the habit of driving wherever and whenever they feel like it in gas-guzzling vehicles. Gamblers have the habit of ruining their lives to varying degrees.

Heroin is addicting. Nicotine is not. Heroin addicts have violent physical reactions when deprived. True alcoholics have severe reactions, too. Heavy drinkers can go without a drink and not react physically.

Cigarette smokers do not get sick when they run out of cigarettes. Drivers may complain but don't get sick when forced to stay home. Gamblers just get bored.

Recognizing this distinction, we can see where hypnosis can be the perfect cure for any habit we want to change. We develop habits early on to compensate for some perceived lack in ourselves or our lives. They, and the reasons for them, get buried in our subconscious minds.

I started smoking when I was twenty, a sophomore in college. I thought it helped me go to sleep at night. Actually, I felt so anxious about everything I didn't breathe deeply unless I inhaled smoke.

When I finally quit smoking several years later all I needed to do whenever I thought I wanted a cigarette was inhale air deeply. It worked. I was amazed at how easy quitting turned out to be. I thought I was addicted to nicotine.

Hypnosis not only helps us access the subconscious mind, but it can also re-program our habits. And it can re-program our self-perception. It works for weight loss the same way. Each one of us who is overweight is overweight for our own, often unknown, reasons. Sometimes we think we want to lose weight but our subconscious mind says "no way." That's why diets fail.

One of my students discovered through hypnosis that she wore her extra pounds to protect her from men "hitting on her." Because she did not know how to respond to flirtation, she wanted to avoid it altogether.

Once she released guilt feelings about her past sexual responses to men, she began losing weight without dieting. Now she is at her normal weight and feels, she says, "really light-hearted."

Hypnosis can help us develop new habits, too. If you're in debt and sinking further, you can develop a daily habit of recording your income and expenditures. If you keep losing things you need, like your car keys, you can hypnotize yourself into placing them in one spot every day.

Some people fear hypnosis because they don't know how safe it is. Some don't know any practicing hypnotists they'd trust or can afford. Answer: Self-hypnosis.

I used to grow mute every time I needed to speak for myself. I could write what I wanted to say, but I couldn't say it. I'd forget it. My mind would go blank. Through self-hypnosis, I learned how to talk. Now I have several audio discs I listen to as the mood strikes me.

One is called "Break the Habit." Another is "Talking to Win," another, "Peak Performance." I gave that to my 15 year- old granddaughter before she was scheduled to give a speech to an audience of adults.

My favorite, though, is just plain relaxing into Alpha waves before using the computer to manage my website. Everything works much better for me afterward.

Habits are stored in the subconscious mind. Hypnosis lets you talk to your subconscious, eliminate old habits and create new ones. With self-hypnosis, it takes about 30 days to re-program your subconscious mind. It's far easier than you'd expect.

Using Mind Control

With all the paranoia of mind control and how Neuro-Linguistic Programming (NLP) can be (and is) used to "mess with people's heads" it's high time to pull the cat out of the bag and let people know exactly what is possible.

For example, can you create an addiction in someone using Neuro-Linguistic Programming (NLP)?

Yes, you can.

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Before you learn the steps to do it and how to protect yourself, let me give you two warnings.

First, don't do this to people unless you are giving them a compulsion for something they want that will be good for them like exercise and healthy foods. Anything else and it may seem fun to think about but leave it at that. Only think about it, don't do it. It's just not a nice thing to do to people.

Second, To do this you have to be very good at NLP, report building and anchoring, etc.

Start by eliciting what is called the NLP sub-modalities of a compulsion a person has. You can do this by asking what are some things they have compulsions for, like chocolate, and then asking "As you feel that compulsion what sort of images is your mind making? Where do you see those pictures? How big are the images? Color or Black and White?" and so on.

Then begin to describe what you want them to have a compulsion/addiction for in the same way. Describe the new compulsion as being seen in the same place, etc.

I'm not going to give you any more detail than that. It's more than enough to experiment with.

Using this pattern a person can create a compulsion for drugs, sex, money, perfection, driving fast, you name it, but you can also create compulsions for exercise, punctuality, orderliness, and many so-called "good" things.

There are ways to prevent someone from covertly creating a compulsion in you. First, be aware of the mental and emotional states that people are asking you to describe and be on guard when they start to talk about compulsions.

If you suspect someone has helped covertly create an unwanted compulsion in you (good luck) the compulsion can be undone with what is called the meta yes/meta no process.

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In Meta Yes/Meta No you'll start by thinking of something unrelated to the compulsion that you would say "No" to. Think of that item and bring up the very strong feeling and repeatedly say "No" in a very firm and congruent manner.

Practice it until the "No!" and the feeling is deeply linked to one another. The next step is to begin saying "No!" repeatedly to the compulsion and do it with the same energy and conviction as when you started the process.

Chapter 5: Breaking Free From Drug Addiction



Death is nearly always accompanied by questions. Whether we are facing our death or the death of someone we love, we seek answers.

But people seek answers differently. Some people ask for guidance, attend counseling sessions, go to bible studies, or seek support groups that would help them cope with the loss of someone.

All change that exists within the mind causes stress and most people at some stage try to avoid the pain of grief. They may search for a substitute for the relation that is lost, like if a woman lost a husband, they may marry again quickly, or adopt another child in place of the one they lost.

But other people who cannot cope with grief and who want to avoid the pain turn into an addiction.

Defining an addiction is tricky, and knowing how to handle one is even harder. Addiction is said to be an uncontrollable compulsion that

provides temporary relief from “inner pain.” Addiction means a person has no control over whether he or she uses it. Addiction can be physical, psychological, or both.

According to research, approximately 27 million Americans either use illicit drugs regularly. There is also around 70 percent of illegal drug users that are employed and contribute significantly to workplace absenteeism, accidents and injuries, decreased productivity, increased insurance expenses, employee turnover costs, and on-the-job violence.

Drug addiction involves compulsively seeking to use a substance, regardless of the potentially negative social, psychological, and physical effects. Certain drugs are more likely to cause physical dependence than are others. While not everyone who uses drugs becomes addicted, many people do.

Experts have theorized that some people, particularly those addicted to drugs, may have deficiencies in their brain reward systems. Other drug users gravitate toward their “drug of choice” to “self-medicate.”

Heroin, for instance, is remarkably effective at “normalizing” people who suffer from delusions and hallucinations (mostly schizophrenics).

Cocaine can quickly “lift” depression, or enable a person with the attention-deficit disorder to become better organized and focused. For these people, addiction is a troubling side effect to their adaptive attempts to relieve their suffering.

Drug addiction treatment typically involves steps to help one withdraw from using a substance, it should also be followed by counseling and attending self-help groups to help one resist addiction again. Many substance-dependent people who make it into therapy show a profound inability to calm and soothe themselves especially when they are experiencing stress.

A physician may prescribe narcotics to relieve pain, benzodiazepines to relieve anxiety or insomnia, or barbiturates to relieve nervousness or irritation. Doctors prescribe these medications at safe doses and monitor their use so that a person addicted will not be given too great

a dose or for too long a time. Still, the best way to prevent an addiction to an illegal drug is not to take the drug at all.

Breaking a drug addiction is difficult, but not impossible. Support from the doctor, family, friends, and others who have a drug addiction, as well as inpatient or outpatient drug addiction treatment, may help someone beat drug dependence.

Recognizing the problem as soon as possible is critical. One should get help right away and should not be ever afraid to ask for guidance so that an addicted person boosts their chances of staying drug-free.

Drug Addiction and Substance Abuse

In the field of addiction, there are a lot of different views from scientists and professionals in the area of substance abuse.

When looking at drug use, drug abuse, drug dependency, and drug addiction, one finds that there are many divergent opinions about these terms and how they identify the drug-using behaviors of the public. Dr. Alan Leshner, the Director of the National Institute of Drug Abuse for the U.S. Government, states: "There is a unique disconnect between scientific facts and the public's perception of drug addiction,"

At the National Institutes of Health, Dr. Leshner explained how brain function is modified by drug use and how that change persists after an individual stops taking drugs. Addiction also has to be recognized as a result of many bio-behavioral factors.

Dr. Leshner said a user does not have control over the change when voluntary drug use becomes a compulsive addiction. He likens the change to a flip of a switch, although the change may be a result of opponent processes where changes have accumulated over time.

Regardless, Dr. Leshner believes it is important that people understand that once addicted, a person is literally in a different brain state.

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Anyone that has known and witnessed the changes in behavior and ethics in a person caught in the thralls of addiction can see the declining spiral of personal care and ethics, work ethics, emotional stability, and generally, a feeling that one hardly recognizes the addicted person as being the same individual as they were before the drug use.

One very important point to know is that any drug use may set off these destructive behaviors in an individual and that using drugs "recreationally" is playing Russian Roulette with one's life.

The effects of these "poisons" on the brain and nervous system are always destructive, but the timeline of when the effects will be obvious varies from immediately to, sometimes, after years of "casual" use.

Scientists say that one of the tasks of treatment is to revert the brain to its original state or repair the damage that these poisons can do. Some scientists believe that this can be done by introducing other drugs, then called medicines, into the delicate brain chemistry of someone suffering from drug addiction.

That is what the National Institute of Drug Abuse (NIDA) is doing now as it begins to design new medications. "We have molecular targets," Dr. Leshner said. "We don't need serendipity." Serendipity is defined as "a natural gift for making useful discoveries by accident."

However, don't be fooled by the scientist since they have yet to discover any medications that restore a person to full and, more importantly, enthusiastic living. These "medicines" are always a tradeoff in giving up some of the beauties of life to keep the addict from using a more destructive drug.

For a total cure, one should pursue getting the original poisons out of the body and letting the body's natural repair mechanism restore the person to his original, functional and loving self.

Chapter 6: Alcohol Addiction: Who Are The Real Victims?



People often feel sorry for, or angry with, alcoholics. These days, they are starting to realize that people close to the alcoholics are also damaged by their actions.

Alcohol addiction strikes everyone around the alcoholic. Wives, husbands, partners; children, mothers, fathers; employers, employees, staff; and even random strangers who were just "in the wrong place" at the time.

Almost always, it is not the intention of the alcoholic to cause problems. The person addicted to alcohol often has feelings of despair, helplessness, self-loathing, and fear. Sadly, they become wrapped up in their misery and fail to notice the effects that they have on other people.

Because of their dreadful introspection, alcoholics then enter a downward spiral, where they drink to forget or to cope with their

unpleasant feelings, and the alcohol simply makes those feelings worse.

Eventually, the alcoholic believes himself or herself unable to cope without drinking.

Because of the addling effects that alcohol has on the brain, the alcoholic will start to blame circumstances and other people for his or her problems. It becomes a case of believing, "I'm not an alcoholic. I only drink because..." followed by some excuse. It stops the person from admitting the problem.

To learn how to stop drinking alcohol, the person will need plenty of support, from loved ones and friends, professional organizations, and therapists. However, none of this will help if the alcoholic has not first admitted without reservation to the problem.

The first step to helping the alcoholic, is to get that person to admit to the problem. This is not easy. Each time you help, it becomes another excuse for the alcoholic. He may crave the attention that drinking gives (reinforcing the effects of self-pity); she may see the help as insufficient (no matter how unfair that may be).

Unfortunately, many alcoholics admit their problems only after they have lost everything dear to them: Family, children, friends, job, house.

Once the alcoholic has admitted to the problem and agrees to seek help, then is time to support. The alcoholic needs tools to learn how to stop drinking alcohol. In addition to the expert advice from organizations, there are books, hypnotherapy, complementary therapies, and retreats (some of them free).

The important thing to remember is that alcohol is a highly addictive drug, and so alcohol addiction (usually) needs more than one approach. Mixing as many different approaches as possible, all working together, will give the greatest chance of success.

Alcohol Addiction: A Solution

With the increase of binge and underage drinking are we heading for problems of an epidemic scale? Are the fun and free-living going to come back and haunt us in the not-so-distant future? Well, it is certainly possible as diabetes, liver failure, and so many other physical ailments can be helped along by bad drinking habits.

So why are we experiencing problems like this in the twenty-first century – at the beginning of the information age – and more importantly, how can we change bad drinking habits or deal with alcoholism?

Well let's start by saying that binge drinking and alcoholism are two different subjects; however the first can lead quite easily into the latter.

There are many reasons why more and more people today create bad habits of addictions around alcohol. It could be down to peer pressure, problems at home, depression, or avoidance to name but a few.

Drinking sometimes becomes a simple and easy escape for the drinker that just wants to feel different and maybe even just de-stress. At some point, they usually start to realize that their answer is not in the bottom of a glass, however usually by this point the addiction has set in and taken its grip on its victim.

Once the action has made itself at home it then just becomes so incredibly difficult for the sufferer to change the habit by themselves.

There are many ways for a person suffering at the hands of alcoholism to get the help that they so desperately need. In my clinic and through my products I help people to beat their addiction with hypnosis and self-hypnosis.

I have found this to be a great approach as it deals with the part of your brain that we refer to as your subconscious mind. This is the part

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of your brain that holds all of the information about your habits, beliefs and the part that ultimately makes you... YOU!

Hypnosis simply works to reprogram this part of your mind to get you the results that you both desire and deserve easily and straightforwardly that is very empowering.

If you are suffering from an addiction to alcohol at the moment and would like to resolve it or just cut it down, then my recommendation to you would be to start with a hypnosis program or maybe a self-hypnosis book. If you are serious about gaining control then start today!

Chapter 7: Addiction Treatment Is a Choice



People become victims of substance abuse for a different and often inscrutable reason.

But whatever these reasons are, it is undeniable that this problem wreaks havoc in the lives of its victims and society. It is proven that there is a connection between the increasing crime rate and substance use.

Other than being perpetrators of crimes, people under the influence of substances damage their health. Cases of a drug overdose, alcohol-driven accidents, and infections are common in emergency rooms, hospitals, and sadly, even morgues.

But there is still hope for the family, friends, and addicted individuals. Different addiction treatment programs are launched yearly by the government and other civilian organizations in hopes of promoting a healthier and peaceful society.

But addiction treatment is a delicate issue. Substance dependents take a long time before accepting that they have a problem. Denial often delays seeking treatment which often results in growing severity in the dependency.

Even family and friends ignore warning signs of drug abuse or alcoholism in their loved ones because they simply can't accept that the problem exists. Dependents and their families often think that they can solve or stop the habit by themselves.

However, substance dependency is not just an excessive physical craving; it is also a psychological problem. Without professional help, the chances of recovery and avoiding relapse are very low to none.

Admittedly, there is no permanent cure for addiction. Recovery and treatment are continuous and life-long processes. But there are several ways to considerably lighten the burden. Support groups like Alcoholics Anonymous, Narcotics Anonymous, and community organizations with treatment programs guide dependents to recovery.

In joining these groups, dependents get the chance to relate and share experiences with persons battling the same problem. These groups are also facilitated by people who are experts in substance abuse counseling.

A common practice in these groups is the surrender of the dependents to Higher Powers which guides them through the process. Dependents who undergo this form of recovery describe it as deeply spiritual and life-changing.

If surrendering oneself to another is not the dependent's cup of tea, there is another treatment program that banks on individual power. The SMART Recovery addiction treatment rejects the Higher Power but instead urges individuals to find within themselves the strength to overcome their problem.

The treatment is abstinence-based - the individual has the competency to choose a better life over the substance he is addicted to.

No matter what form of addiction treatment a dependent follows, it is important to emphasize that no one becomes sober overnight. It is also important to stress that relapse is still a strong possibility.

Substance abuse programs are only there to help, not to cure. Having a better life is a choice dependents have to make for themselves.

Getting Addiction Treatment

In our day and age, it seems like you do not have to look far or long to find people that are struggling with addictions of all kinds. Sometimes you have to look no further than to yourself to find a tough addiction.

When we hear the word, addiction, we immediately think of alcohol or substance abuse, don't we? But let me assure you, there is a far wider range of things to be addicted to, and getting addiction treatment can be great no matter what a person is addicted to.

As a therapist, I see a variety of patients every day who are dealing with a variety of addictions. I have patients addicted to food, exercise, video games, work, alcohol, and of course to drugs or nicotine.

Regardless of the addiction, I always suggest that my client makes time for intentional addiction treatment. Addiction treatment can look a variety of different ways.

The most important thing for people dealing with an addiction to anything is to realize and admit that they are addicted. It is quite hard to convince a person that they need help if they do not even believe that there is a legitimate problem.

One of my first goals as a therapist is to get my clients to recognize the truth that they have a problem and that it is big enough that it needs to be dealt with.

If you know that you are struggling with an addiction to almost anything then you should seriously consider getting addiction treatment. If you are not sure where to begin, then make an appointment to talk with your doctor or with a counselor.

Regardless of what type of addiction you are struggling with, a doctor or counselor will help to move you in the right direction. Perhaps you simply need to begin meeting with a counselor regularly, or perhaps you need to enroll in a more serious addiction treatment program.

Some addiction treatment is more serious and needs to be dealt with immediately. A food addiction, while it is harmful, is far less of an emergency than a serious addiction to alcohol or drugs.

Take a serious look at your life. Be honest about where you are at and realize that regardless of where you are, there is hope and help to move forward. Addiction treatment is a great and healthy step to take. Make an appointment to meet with a professional today and get on the road to freedom and wholeness.

Self Esteem and Addiction

Self-esteem is something I believe that we would all like to have but when you have some powerful addiction one of the first things you lose is your self-esteem.

None of us like to think we are addicted to something and are adamant that we are in complete control, only doing what we do because we so enjoy it and that giving it up would be so easy – it's just that we don't want to give it up, isn't it?

There are many different types of addictions such as alcohol, drugs, overeating, sex, perfectionism – the list could go on and on and we all think that one addiction is worse than another – well that is not the case – each addiction affects the self-esteem and wellbeing of the affected person and probably their loved ones and family as well.

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Once the person faces up to the fact that they do have a problem, and that is most certainly the first stage, then they might seek some form of professional help.

Now I am not knocking these professionals because I truly believe that they do a great job but unless you reach the inner being of the person I truly believe that it is only a matter of time before that person who was supposedly cured starts all over again with their addiction.

That is why you see people who've stopped smoking for many years and those who have not touched a drop of alcohol suddenly start again.

Conclusion



Many myths and misconceptions are surrounding the reasons why addictions occur.

Some believe that substances in themselves are not addictive, that it is the body's chemical reaction to the substance to which the individual is addicted. This claim could certainly seem plausible when considering gambling or shopping addictions.

There is no foreign chemical entering the body, rather than the body is creating its chemical reaction (excitement/ adrenaline) in response to the external stimulus of gambling or shopping, and it is the feeling that the individual is addicted to, not the actual act itself.

It is also understandable that when one introduces chemicals to the body, chemical reactions occur. Some of these reactions stimulate reward centers within the brain which are triggered when a person exercises, falls in love, or is praised or acknowledged.

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Sometimes an addiction occurs when a person uses drugs, cigarettes, alcohol, or even food, to alleviate stress and worry. To successfully treat these types of addiction, the person must focus on increasing their levels of self-esteem so that they can create good feels about themselves without any need to have the feelings triggered by an external stimulus.

It is difficult to predict if one person is more likely to suffer from addiction more than the next. Again, claims have been made that some suffer from an addictive personality. It is probably wiser to consider the social circumstances of addicts.

For example, if your parents smoke, you are more likely to be a smoker. If your friend takes drugs, you are likely to be influenced by them. There are of course other factors. If a person is lacking in a structured life or has experienced an over-structured life, drugs can be a form of escape and detachment from a life that is perhaps, not entirely fulfilling.

Often, an addiction will increase in severity over time. This is because the body becomes regulated and used to the addictive chemical being in the body. To achieve the same level of stimulation, more the addictive chemical is needed in the body.

Many addictions can cause serious health, social, physical, and mental problems and when addictive substances are increased in a non-regulated environment, the consequences can be devastating.

Fortunately, changes can be made. Addicts do not necessarily need to be addicts for the rest of their lives. If the addict is willing and motivated to change, there are ways of easing and in some cases removing completely, the side effects when withdrawing from an addictive substance.

NLP can be used to help the client understand new perspectives about how the addiction has impacted their lives. Techniques can be used to desensitize any negative associations from the past, and positive

triggers can be installed for use when the cravings would normally occur.

Hypnosis can be used to remove habits and to create changes in the subconscious, the part of the mind responsible for creating and maintaining habits.

Posthypnotic suggestions can be used to associate powerful negative feelings to the addictive act or substance so that these powerful negative feelings are experienced in the future if ever the patient considers interacting with the addictive substance or act again.

Beating an Addiction

The 4 stages of addiction come into play mainly when you try to change an eating habit or anything that is self-medicated. Food is the most common addiction for the majority of us - Bread, drinks, Desserts, etc.

Other addictions are fast fatty foods, this is a high addiction. People usually consume generous helpings of steak, burgers, and chips(fries), large salads, which are healthy but not with great big mountains of dressing. Chunks of cheese also tend to appear as a part of daily food consumption.

Calories are units of energy, after your dinner, you want to be full of energy not feel tired.

Eating more than you need you to start to feel like you are in a different state similar to a slightly drugged state, so when you are eating you're not thinking about anything else, which is why it is said when you are unhappy you comfort eat.

Stage One – Resistance To Change

A certain program comes says, At breakfast, each morning try not to have a drink, except water take a beverage every other day, have a soup as a meal instead of something heavier, and weigh yourself every day.

This may be scary stuff. You are probably thinking that you are just fine this old way and that the new way won't be the same. You are apprehensive about doing something new and something different that isn't as easy as the normal way you do things, but you know the way things are now is producing negative results.

It is the narrow-minded view that the outcome of what you attempting will end badly, even though you don't know or haven't even experienced the possible outcome yet.

It is the addiction to the old ways that have contorted your way of thinking to give up and make you feel justified for doing so.

Stage Two – Begrudging Attempts

You decide to join a weight loss program and have obtained information on dieting, however grudgingly, you will try it out. You think - I don't want to do this, I will just pick 1 or 2 days a week where I won't have coffee and a bun on my break, I don't want to weigh myself twice a day.

I don't want to document everything I eat. I want to have my fry or Danish in the morning, not cereal. I don't want breakfast in the morning, but I will because I want to weigh XX pounds.

Stage Three – Surprise, I Enjoyed It

I tried a bowl of hot cereal in the morning and found it to be most enjoyable. For lunch, I took a walk down to the deli and had the most delicious soup, which I was quite surprised to have enjoyed so much.

For the evening time, I had a cup of hot water instead of my usual coffee and thought it strangely satisfying

Stage Four – The New Way Becomes The Comfortable and Preferred Way

It is very important to differentiate between the foods that were familiar and the foods that you love, just try not to overload yourself with food to numb the senses. Striving to get the food and consuming it has become an integral part of the self-medication that you put yourself through.

The mere thought of not getting your food fix induces a feeling of anxiety and you become slightly annoyed. You just eat whatever it is to feel comfortable hence the "comfort eating" term.

Consider it this way - not drinking coffee and getting a sore head then drinking coffee to relieve the discomfort caused by not getting it, it's like a horse chasing a carrot on a stick.

Knowing the 4 stages of addiction with help you to be proactive in getting rid of any resistance to making that move described in stages 2 and 3 and to know a new way is the comfortable, preferred way.

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ADDICTION