



A Better Way Hypnotherapy & Laser Center

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It's Easy...

If you ever get the urge to return to an undesired habit or feel anxious, follow this simple process. When you do it, your desire to reinforce the healthy or beneficial habit becomes stronger and more effective.

1. Kick the urge or stressor out. (_____ is not an option.)
2. Close your eyes, if safe to do so.
3. Imagine yourself at your “happy place”; a relaxing place (like the beach, lake or mountains). The image should be very clear to elicit the desired biochemical reaction.
4. Take a deep breath in and hold it to a slow count of three and let it out.
5. Relax. (Drop all the tension and stress.)
6. Repeat the breathing exercise (taking in a deep breath, holding it to a slow count of three and letting it out) for a period of 4-7 minutes. The reason for the 4-7 minutes is because that is how long it usually takes to remove an undesirable urge or anxiety and to restore oxygen back to the appropriate levels needed by the body.
7. Take your index finger (pointer) and your thumb and roll them together. This will send an electrical impulse to the brain that the fingers are busy, the mind is relaxing, and the body is getting oxygen. There is no room for the undesired habit!
8. Gain Control (Feel the Strength.)
9. Remember the person you are becoming is more in control and more healthy. You are in control and you make healthy choices.

Easy enough? Do you think you can do it? Goooooood!