



What emotions are connected to your addictions?

One February I was up in Sydney on holidays and I was not very well. I did not eat for 3 days and barely drank any water. Why? Because my body had decided it was time to stop putting caffeine into it? Previously at work, I would drink up to 8 cups of coffee a day. I would take a cup to every meeting I went to. While at my desk, if I were doing something I did not want to do, I would have one. I was addicted to coffee.

Now, why am I telling you this? If you have an addiction, what would you rather: be very unwell for 3 days or more; or find a way to do something about it easily and quickly and not have the downside?

What is an addiction: According to the Mosby's Medical Nursing & Allied health dictionary it is "compulsive, uncontrollable dependence on a substance, habit or practice to such a degree that cessation causes severe emotional, mental or physiologic reactions. Since I had a compulsion to drink coffee and if I stopped drinking coffee, it would cause headaches. That makes it an addiction. Other examples of addictions are: alcohol, cigarettes, drugs, sex, relationships, particular behaviour, foods and much more.

Jack Canfield, in his book "The Success Principles" talks about $E + R = O$, which is Event + Response = Outcome. For every event that occurs we have a response that results in some outcome. An addiction starts as a response to a specific event where we try the addiction to get a specific outcome. We then repeat it getting the same outcome. As time goes on we no longer choose the response consciously as it becomes automatic.

It is said that the definition of insanity is that you have the same response to the same event and you expect a different outcome. It just does not happen. I knew to produce a better outcome for myself; I needed to change my response to release the addiction.

To change the response we need to be aware of the event that leads to the response. These events act as a trigger. In NLP they are called anchors. By discovering what are our anchors, we can consciously change the response connected to the anchor and get the desired outcome.

Using NLP and Hypnotherapy together enables one to quickly and easily find the anchors, remove them by collapsing the anchor and install new anchors.

One technique I have used to find anchors is to recall a time when the response occurred. I then go back through the thoughts to the emotions just before it. In my example with the coffee, the emotion was uncertainty. I repeat this step several times to confirm the emotion and usually it is a negative or unwanted emotion.

Wanting to have positive emotions instead, I identify what emotions are beneficial and I anchored these. I always use stronger positive emotion than the negative or unwanted emotion to collapse them. Finally, I use hypnosis to link the event to the new emotion, which is linked to the new wanted response. In my case, I used drinking water, as it is a great response as it produces a healthy outcome.

Though the use of NLP and Hypnosis you can change your response and overcome an addiction quickly and easily.



The Eyes of Horus

Helping those stuck negative emotions & behaviors
to gain freedom through empowering behaviours

David Donahoo

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and Speaker*

Using the MP3 Hypnotic relaxation (register for the newsletter at www.theeyesofhorus.com.au/ and get the free download) I am able to get in touch with my subconscious and then focus on the positive emotions. By constantly listening to this and getting into a state of Alpha calmness, I find I easily refocus my direction and can also release those unwanted emotions.

I create an empowering behaviour for myself with which to move forward.

If you want to overcome an addiction, contact David for more information.

If you suffer from anxiety, fear, phobia or panic attacks, find out more from David Donahoo's "Freedom from Fear" Presentation. To hear this presentation or obtain a copy of the free presentation, contact David via the web: <http://www.theeyesofhorus.com.au>

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