

POWERFUL SUGGESTIONS TO RID YOURSELF OF ADDICTIVE AND COMPULSIVE BEHAVIORS

**By
Carolyn Blackman**

An important element in the recovery process is the construction of a happy and sober lifestyle. Self-suggestion is a way of creating the future reality you want. You will be imagining these scenarios every day before your start, and at the end of the day. Spend some time construction what you want carefully. Try to make everything positive.

1. Refusal. This has to do with staying clean and sober and free of compulsive behaviors. It goes, "Imagine a situation in which you have an opportunity to indulge in your self-defeating behavior, choosing not to.

An example would be to see yourself driving right past that bar on the way home, not getting triggered, or calming yourself after getting anxious in the kitchen surrounded by food, but not getting triggered at all.

2. Sobriety. It is important to see yourself having fun and excitement not related to your destructive behavior. This one goes, "Imagine yourself enjoying pleasure." If excitement was a major part of your abuse pattern, make sure that you see yourself taking risks. An example would be to see yourself on a 10 foot mountain bike jump.

3. Social Ease. This one goes, "Imagine yourself in a social setting, and you're relaxed, comfortable, and at ease with yourself." See yourself in a group of people feeling connected; neither standing out nor neglected. You may want to see some food or drink or sexual behavior there, but as an unimportant part of the social gathering.

4. Mellowing Out Your Personality. Here, remember some of the character defects you are working to diminish. For instance, if you are a rigid person, imagine a situation in which plans change last minute, and you're flexible about it. "Now see yourself as a more mellow person."

5. Increasing calm. This one is a straightforward command. Just tell your subconscious to make you calmer.