



30 Days Dry Challenge

INSTRUCTIONS

info@clearmindshypnotherapy.com



30 DAYS DRY CHALLENGE

Congratulations on taking the first step on this journey to take back control of alcohol with Clear Minds Hypnotherapy.

The 30 Days Dry Challenge is designed to help you eliminate the need for alcohol and reduce your alcohol intake for one month. It will detox your body and mind, as well as encourage you take control of alcohol consumption. So, you will see a lasting lifestyle change!

There are hypnotherapy sessions, a guided meditation and a 5 minute emergency trigger session included.

Listen to the sessions in the correct order to get the best results from this 30 days' program.

You can create your own personalised plan afterwards and listen to your favourite sessions at any time to maintain focus in future.

This is your personal journey, best of luck!

30 Days Dry Sessions

Day	Session	Day	Session	Day	Session
1	INTRO TO 30 DAYS DRY CHALLENGE	11	STOP BINGE DRINKING	21	I WILL CONTROL ALCOHOL THIS YEAR
2	CONTROL ALCOHOL CONSUMPTION	12	DEEP RELAXATION	22	CONTROL ALCOHOL CONSUMPTION
3	ELIMINATE THE NEED FOR ALCOHOL	13	ELIMINATE THE NEED FOR ALCOHOL	23	MAKE HEALTHIER LIFE CHOICES
4	STOP BINGE DRINKING	14	CONTROL ALCOHOL CONSUMPTION	24	ELIMINATE THE NEED FOR ALCOHOL
5	I WILL CONTROL ALCOHOL THIS YEAR	15	STOP BINGE DRINKING	25	STOP BINGE DRINKING
6	DEEP RELAXATION	16	RECOVER FROM ALCOHOL	26	RECOVER FROM ALCOHOL
7	STOP BINGE DRINKING	17	I WILL CONTROL ALCOHOL THIS YEAR	27	DEEP RELAXATION
8	RECOVER FROM ALCOHOL	18	ELIMINATE THE NEED FOR ALCOHOL	28	I WILL CONTROL ALCOHOL THIS YEAR
9	ELIMINATE THE NEED FOR ALCOHOL	19	MAKE HEALTHIER LIFE CHOICES	29	MAKE HEALTHIER LIFE CHOICES
10	CONTROL ALCOHOL CONSUMPTION	20	DEEP RELAXATION	30	CONTROL ALCOHOL CONSUMPTION

Listen to the Visualisations Meditation in the mornings to boost positive thinking. Play the short 5 min emergency "DO NOT TURN TO DRINK" trigger session when you need to help curb cravings.

On Day 7 watch the video by Gareth Gates for encouragement and support.

It is important to remember when listening to hypnotherapy

These guidelines will help you get the best from listening to the hypnotherapy sessions:

Never use our sessions when you are driving, operating machinery or could be in danger should you fall asleep.

Do not use hypnotherapy if you suffer from epilepsy.

Do not consume caffeine and /or don't exercise for up to 2 or 3 hours before using the hypnotherapy sessions.

Use the bathroom before relaxing to listen to the sessions.

You may fall asleep during the hypnotherapy sessions as they work on your subconscious mind. In other cases, you may just feel relaxed.

It's preferable to listen to the hypnotherapy sessions in the evening or at night before bed as you'll be more susceptible to the cues of relaxation. This will depend on your schedule.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Find a quiet and comfortable spot to lie down, like on the sofa or bed. You can also sit upright with your head supported if you want.

Make sure you will not get distracted during the session- kids are in bed, television and radio are off; windows are shut. Switch your phone on flight mode or silent. Prepare yourself fully to avoid being disturbed when you're ready to start.

Use headphones (earphones, headsets or AirPods) for a better surround sound and listening experience. These will also help to minimise distractions from background noise.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Make sure you focus on one topic at a time. Repeat each session for a few consecutive days to a week in order to get the best results.

Try not to listen to more than two hypnotherapy sessions a day plus one guided meditation.

A note to myself

Write down all reasons why you want to change and remind yourself why you made that decision. Read this each time you feel you have a moment of weakness and listen to the Do Not Turn to Drink Trigger Session





If you want more resources to help you live your best life, check out our website or follow us on Facebook.

Website:

www.clearmindshypnotherapy.com

Facebook: Clear Minds Hypnotherapy

You can contact us via email at info@clearmindshypnotherapy.com or on Facebook Messenger or Instagram

The Clear Minds Hypnotherapy Team

