



Post 30 Days Dry

Wellness Continued

INSTRUCTIONS

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POST 30 DAYS DRY

Wellness Continued

Congratulations on completing the first stage of your journey with Clear Minds Hypnotherapy and the 30 Days Dry Challenge.

You are one step closer to achieving your goal and have complete control over your alcohol consumption.

Post 30 Days Dry Wellness Continued is designed to follow on from the 30 Days Dry Challenge and help you abstain from alcohol. It will ensure your complete control over alcohol long-term. And further detox your body and mind promoting a healthier and happier lifestyle for longer.

There are hypnotherapy sessions and a guided meditation included. Listen to the sessions in the correct order to get the best results.

Create your own personalised plan afterwards and listen to your favourite sessions at any time to maintain focus in future. Don't forget to include sessions from the 30 days dry challenge pack too.

This is your personal journey, best of luck!

Post 30 Days Dry Wellness Continued

See below a plan for the next 30 days with the order you must listen to the hypnotherapy sessions included in this pack. Listen to one session a day, preferably in the evening.

Add one more session a day if you have time - Select whichever one you want.

Listen to the Positive Morning Meditation in the mornings to boost you with positive energy.

Day	Session	Day	Session	Day	Session
1	TAKE CONTROL OF ALCOHOL PART 2	11	EASILY CONTROL ALCOHOL	21	MELT TO SLEEP
2	MELT TO SLEEP	12	CONTROL CALORIE CONSUMPTION	22	CONTROL CALORIE CONSUMPTION
3	CONTROL CALORIE CONSUMPTION	13	ULTIMATE SELF CONFIDENCE	23	ELITE WELLNESS MIND MASSAGE
4	EASILY CONTROL ALCOHOL	14	HAPPINESS & POSITIVITY	24	WINNER MENTALITY
5	ULTIMATE SELF CONFIDENCE	15	ELITE WELLNESS MIND MASSAGE	25	MELT TO SLEEP
6	WINNER MENTALITY	16	TAKE CONTROL OF ALCOHOL PART 2	26	EASILY CONTROL ALCOHOL
7	ELITE WELLNESS MIND MASSAGE	17	WINNER MENTALITY	27	ULTIMATE SELF CONFIDENCE
8	HAPPINESS & POSITIVITY	18	EASILY CONTROL ALCOHOL	28	CONTROL CALORIE CONSUMPTION
9	TAKE CONTROL OF ALCOHOL PART 2	19	ULTIMATE SELF CONFIDENCE	29	HAPPINESS & POSITIVITY
10	MELT TO SLEEP	20	HAPPINESS & POSITIVITY	30	WINNER MENTALITY

It is important to remember when listening to hypnotherapy

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

Do not use hypnotherapy if you suffer from epilepsy.

Do not consume caffeine or exercise for up to 2 or 3 hours before listening.

Use the bathroom before relaxing to the session.

You may fall asleep during the hypnotherapy session 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 will be more susceptible to the cues of relaxation. However, this may depend on your work schedule. In which case, whatever suits you best.

Wear comfortable clothing - Choose loose-fitting and light clothing (nothing too tight or itchy!)

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.

You can meditate or practice breathing techniques a little if you need help relaxing beforehand. Check out the Clear Minds Hypnotherapy App to find additional help with both of these things.

Make sure you have no distractions during the session- (e.g, kids are in bed, television and radio are off; windows are shut). Switch your phone on flight mode or silent. Fully prepare yourself to avoid any disturbances before you get started listening to the session.

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

You can listen to min. two hypnotherapy sessions a day plus one guided meditation.

Listen and concentrate to the words at the beginning of each hypnotherapy session to help you reach a state of deep relaxation (hypnosis). This is aided by the repetition of certain phrases and verbal cues. Then, relax and let the session work on your subconscious!



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

