



Total Control

Essentials Package

FOOD & ALCOHOL

INSTRUCTIONS

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TOTAL CONTROL ESSENTIALS PACK OF FOOD & ALCOHOL

Congratulations on taking the first step on this journey to becoming the better version of yourself with Clear Minds Hypnotherapy.

Total Control Essentials pack is designed to re-programme and purify the mind, whilst improving your overall physical and mental wellbeing. You can say good bye to all your bad habits! Now it's time to lead a healthier and happier lifestyle.

You will learn to control your eating habits and alcohol consumption altogether. And by doing this you will gain more confidence and self-esteem.

There are hypnotherapy sessions and a breathwork session included.

This is your personal journey, best of luck!

Total Control Sessions and Weekly Plan

The guide to using the sessions in this pack is really simple. You can be as flexible as you like.

Start with any one of the sessions listed below and follow on with the next session. You can tailor the sessions to suit your needs.

The pack includes:

- Healthy Weight Loss
- Stop Binge Eating
- Control Alcohol Consumption Part 1
- Take Control Alcohol Part 2
- Stop Binge Drinking
- Make Healthier Choices
- Breathwork Addiction

Use one session a day and move on to the next. Complete the seven sessions during the week and repeat the schedule next week.

You can use this pack for as long as you need to - repeating the sessions and alternating the order if you want until you've gained full control of your alcohol consumption and eating habits.

Listen to the Breathwork Addiction Disabler session in the mornings to encourage you to stay strong and resilient throughout the day.

Listen to the hypnotherapy session in the evening or before you go to bed.

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 2 or 3 hours before listening.

Use the bathroom before relaxing into the session.

You may fall asleep during the hypnotherapy session as they work on your subconscious mind will still be receptive to the suggestions.

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. This may depend on your own schedule, so choose the time that suits you best.

Wear comfortable clothing

Find a quiet and comfortable place where you will not be disturbed to lie down, on the sofa or bed. You can also sit upright with your head supported.

You can meditate or practice breathing techniques if you need help to relax before listening. Check out our collection of Guided Meditations and Breathwork sessions.

Switch your phone on flight mode or silent.

Use headphones (earphones, headsets or AirPods) for better surround sound and listening experience.

We recommend you listen to no more than two hypnotherapy sessions a day plus one guided meditation or breath work session.

Focus on one topic at a time. Try to allow space between dealing with two different issues (e.g. alcohol and weight loss.)

Listen and concentrate on the words at the beginning of each hypnotherapy session to help you reach a state of deep relaxation (hypnosis), which is aided by the repetition of certain phrases and verbal cues.

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.





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

