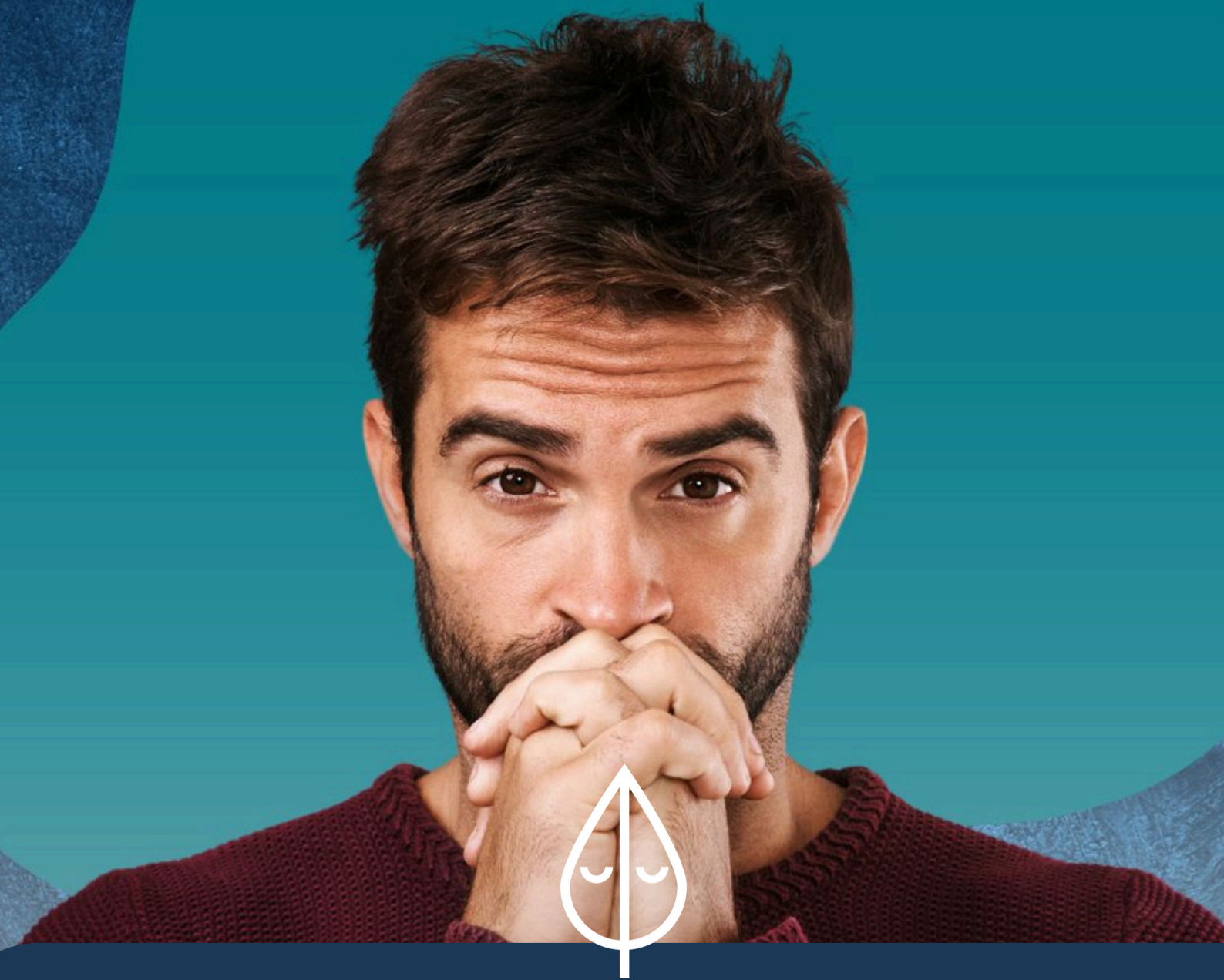


Navigate Beyond Drugs



Overcoming Cannabinoids

Recovery Series

Introduction

Take the time to embrace this moment where you begin your transformative program to “Navigate Beyond Drugs” with Clear Minds.

In this series of hypnotherapy sessions you will tackle the root causes of your addiction to cannabis, cannabinoids and marijuana. You will address the unique challenges of quitting including mood regulation and managing withdrawal symptoms to help you find clarity and calmness without drug reliance.

Hypnotherapy is beneficial to your journey because it uses a holistic approach, which helps to empower your mind during your recovery from cannabis addiction. It aids in breaking free from your dependency to cannabinoids whilst fostering a long-lasting change free of habit. This will ensure your path to a healthier, happier drug-free life!

We'll guide you through each stage of this life-changing transformation through a systematic approach allowing you to get the most out of each session. When you reach the end of the 4 weeks you can continue to use the sessions to stay relaxed and in control when you need to.

It's important you maintain a positive and calm state of mind.

We understand that everyone's journey is unique.

Remember you have the flexibility to tailor the program to your needs.

Feel free to pick and choose sessions that resonate with you better and swap them with others or repeat them listening to max. 2 sessions a day.

You can always adapt this program by adjusting the schedule to fit your needs.

Should you find yourself in need of guidance or with any questions please contact our helpful customer service team.

You can reach out to us at anytime via email:

info@clearmindshypnotherapy.com.

You can also connect with us on our social media channels.

We have a dedicated support team available 24/7 to assist and provide the encouragement you need to help you on your journey of recovery.

IMPORTANT NOTICE: If you have a strong addiction to drugs please advise your doctor or GP first. If you feel ill, unwell or experiencing any adverse effects during your recovery please see a doctor.



What's Included

There are ten specialised hypnotherapy sessions in this pack, three guided meditations and one breathwork session. Each one is scheduled in this guide to help you through each stage of your recovery overcoming cannabinoids as easily and stress-free as possible. See included:

1. Break Free From Drug Addiction Hypnotherapy
2. Fear of Rejection Hypnotherapy
3. Overcoming Cannabinoids Addiction Hypnotherapy
4. Stress Less Hypnotherapy
5. Feeling Accepted Hypnotherapy
6. Control Alcohol Consumption Hypnotherapy
7. Confidence & Self Esteem Hypnotherapy
8. Ability to Change Hypnotherapy
9. Making Healthier Decisions Hypnotherapy
10. Sober Confidence T-total Everything
11. Breathwork - Addiction Disabler
12. Inner Peace and Calm To Start Your Day Guided Meditation
13. Self Love Guided Meditation
14. Boosting Resilience

Follow carefully and your hypnotherapist will guide you on a journey of re-discovery and empowerment. During your recovery with the Clear Minds sessions you will address the root causes and triggers that lead to repeat drug use. You will learn trigger-management techniques and find new safe ways to deal with trauma and underlying mental health issues that lead to drug use.

*"Let this be the moment you decide to steer your life towards the horizon of recovery and self-belief. Change is within your grasp." **Hugh***

Hugh has over 25 years experience as a leading specialist in neuro-linguistic programming, hypnotherapy and CBT helping to overcome addiction. He use a unique holistic approach with calculated cues to help you reach a state of deep relaxation fast and efficiently. This allows for complete peace of mind and concentration to communicate clear messages beneficial to you on your journey of recovery and rediscovery, whilst regaining your self belief.



Getting Started With Recovery

Now you are ready to start your recovery journey!

It's time to reclaim control and gain back your strength and self-love. Recovery isn't just about abstaining from drugs; it's a profound transformation of mind, body, and spirit. It's about breaking free from the chains of addiction and redefining your identity beyond your past struggles and trauma. It's about learning to love and respect yourself again, whilst finding the inner strength to confront challenges head-on.

It could be you meet challenges along the way, but you must stay strong and positive. You can reassure yourself using the hypnotherapy sessions.

But also take a note of these helpful tips you can practice too :

1. Use CBT, like hypnotherapy and guided meditation to ease the mind
2. Surround yourself with loved ones who are empathetic and understanding
3. Avoid seeing people you would usually associate with using cannabinoids
4. Avoid going to places where you'd use or source the drug
5. Embrace your journey! Give yourself credit for making this good decision
6. Take it step by step, one day to the next. And don't over do it!
7. Reward yourself regularly and celebrate your victory with prizes
8. Accept you'll have bad days and stay resilient.
9. Send yourself thoughts of self-love like "I can do this!"
10. Keep a journal of your thoughts and set yourself daily goals
11. Take up a hobby to distract your mind
12. Learn and practice coping mechanisms like going to the gym

Remember this is your new beginning and moment for a positive change. You will rediscover what it is like to feel happy again because you are strong and good enough without the need of a substance or drug.

It's time to take the next step listening to the hypnotherapy sessions.

Sit back or lie down – RELAX and hit play!

Let the hypnotherapist's words help you drift off starting you on your journey. Listen to the guided meditations and breathwork session in the morning and the hypnotherapy before going to bed.



WEEK 1

MONDAY

Inner Peace and Calm To Start Your Day Guided Meditation
+
Break Free From Drug Addiction Hypnotherapy

TUESDAY

Breathwork Addiction Disabler
+
Overcome Cannabinoids Addiction Hypnotherapy

WEDNESDAY

Boosting Resilience Guided Meditation
+
Stress Less Hypnotherapy

THURSDAY

Self Love Guided Meditation
+
Fear of Rejection Hypnotherapy

FRIDAY

Breathwork Addiction Disabler
+
Break Free From Drug Addiction Hypnotherapy

SATURDAY

Boosting Resilience Guided Meditation
+
Overcome Cannabinoids Addiction Hypnotherapy

SUNDAY

Inner Peace and Calm To Start Your Day Guided Meditation
+
Stress Less Hypnotherapy

WEEK 2

MONDAY

Self Love Guided Meditation
+
Feeling Accepted Hypnotherapy

TUESDAY

Breathwork Addiction Disabler
+
Control Alcohol Consumption Hypnotherapy

WEDNESDAY

Boosting Resilience Guided Meditation
+
Confidence & Self Esteem Hypnotherapy

THURSDAY

Breathwork Addiction Disabler
+
Overcoming Cannabinoids Addiction Hypnotherapy

FRIDAY

Inner Peace and Calm To Start Your Day Guided Meditation
+
Making Healthier Decisions Hypnotherapy

SATURDAY

Boosting Resilience Guided Meditation
+
Control Alcohol Consumption Hypnotherapy

SUNDAY

Self Love Guided Meditation
+
Ability to Change Hypnotherapy

WEEK 3

MONDAY

Inner Peace and Calm To Start Your Day Guided Meditation
+
Stress Less Hypnotherapy

TUESDAY

Breathwork Addiction Disabler
+
Overcoming Cannabinoids Addiction Hypnotherapy

WEDNESDAY

Boosting Resilience Guided Meditation
+
Control Alcohol Consumption Hypnotherapy

THURSDAY

Self Love Guided Meditation
+
Making Healthier Decisions Hypnotherapy

FRIDAY

Inner Peace and Calm To Start Your Day Guided Meditation
+
Fear of Rejection Hypnotherapy

SATURDAY

Breathwork Addiction Disabler
+
Overcome Cannabinoids Addiction Hypnotherapy

SUNDAY

Self Love Guided Meditation
+
Confidence & Self Esteem Hypnotherapy

W E E K 4

MONDAY

Inner Peace and Calm To Start Your Day Guided Meditation
+
Sober Confidence T-total Everything

TUESDAY

Breathwork Addiction Disabler
+
Overcoming Cannabinoids Addiction Hypnotherapy

WEDNESDAY

Boosting Resilience Guided Meditation
+
Break Free From Drug Addiction Hypnotherapy

THURSDAY

Self Love Guided Meditation
+
Ability to Change Hypnotherapy

FRIDAY

Inner Peace and Calm To Start Your Day Guided Meditation
+
Making Healthier Decisions Hypnotherapy

SATURDAY

Boosting Resilience Guided Meditation
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SUNDAY

Self Love Guided Meditation
+
Sober Confidence T-total Everything

WEEKLY JOURNAL

What are your goals this week?.....
.....
.....

Think of a hobby you'd like to try?.....
.....

A new place you'd like to go?.....
.....

Fix a day you'll go and see an old friend or family.....
.....

What are you grateful for?.....
.....

Describe a moment or thought that made you smile and why?.....
.....
.....

Describe a moment and thought that made you angry or sad and why? .
.....
.....

Ways you have coped with cravings and distracted yourself?.....
.....
.....

What gift or prize are you going to reward yourself with and why?.....
.....

Notes and thoughts to add:.....
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.....
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