

Broken Your New Year's Resolution Yet?

by Steve Dudley 03.02.06

You're not the first to discover that will power is not enough. So what can you do when you know you should lose weight, stop smoking, get some exercise etc, etc?

"Once you understand how the brain works," explains Lysette Offley of Sounds Positive Hypnotherapy, "You can use its natural and powerful ability to work for you rather than against you."

The unconscious part of the brain - that part responsible for all your automatic bodily processes (when was the last time you consciously put oxygen in your lungs or pumped blood round your body!) is also responsible for 90% of your behaviour so no matter how hard we struggle to use the remaining 10% conscious part, we're thwarted.

Your unconscious knows everything about you and remembers everything. It tries to protect you but it's as if it has the intellect of a six-year old and makes naïve associations such as those of the 41 year old smoker who'd tried to quit 4 times already. He originally started smoking at the age of 12 to 'fit in' and 'be accepted'. His unconscious is protecting him still, believing that not smoking will recreate those earlier feelings of fear and not belonging.

We've all heard of comfort eating. What's that if it's not an unconscious connection between food and protecting ourselves from the stresses and disappointments of the outside world?

So how do you allow that unconscious part to let go of those associations?

"Simple," says Lysette, "You talk directly to it during hypnotic relaxation and give it a more creative and constructive job instead e.g. the desire to breathe fresh air and eat healthily. Once you know hypnotherapy can help you, why would you choose to go it alone and risk struggling and failing and feeling miserable time and time again?"

For more information visit: <http://www.soundspositive.com>

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