

# HOW TO BREAK YOUR **BAD** HABITS

WITH A LITTLE WILLPOWER, IT IS POSSIBLE TO CURE YOURSELF OF YOUR VICES. THREE EXPERTS TELL US HOW. BY Eloise King



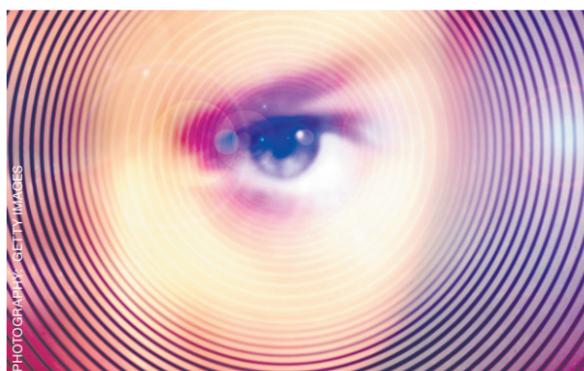
## CREATE A BELIEF SYSTEM



■ **The expert:** Jacob Galea, life and business coach.  
■ **The approach:** Galea trains you to build a strong fighting spirit, a positive mental attitude and a belief system for personal life control.

### ■ Your eight-step plan to beating a bad habit

- 1 Build awareness around your bad habit by writing a list of pros and cons. "The biggest factor in breaking a habit is having proper awareness around it in the first place," he says.
- 2 Write a second list of how your life would improve without the habit.
- 3 Relax, close your eyes and watch a mind video of yourself living your life without the habit. "If you're a smoker, watch yourself eating an apple instead of lighting up," he says. "Your mind doesn't know the difference between what's real and what's imagined, so you can dilute the craving of a bad habit by changing the way you see it in your mind."
- 4 Focus on the positive emotions that arise from living without your habit, both in real life and in your mind.
- 5 Surround yourself with friends who support you in your goal. "Having peers on your side is one of the strongest ways to break a habit," Galea says.
- 6 Keep your mind busy with a sport or hobby that excites you.
- 7 Reward yourself regularly. "People often wait until they've reached a destination to celebrate, but life is about the journey. If you go from one pack of cigarettes to half a pack a day, celebrate. It's a return on your investment in life."
- 8 Repeat the process outlined above regularly and never give up.



## HYPNOIS AND NEURO-LINGUISTIC PROGRAMMING



■ **The expert:** Psychologist Alistair Horscroft.  
■ **The approach:** Horscroft believes willpower usually fails because of the emotional attachment people have for their habits. "The mind doesn't

think in negation, so it finds it difficult to 'not' do things," he says. "The classic example is if you're asked not to think of a pink elephant. You have to think of it first before you can get rid of the thought. A pink elephant is emotionally neutral, but bad habits, such as smoking or sugar consumption, have a strong emotional attachment that makes them difficult to get out of your head."

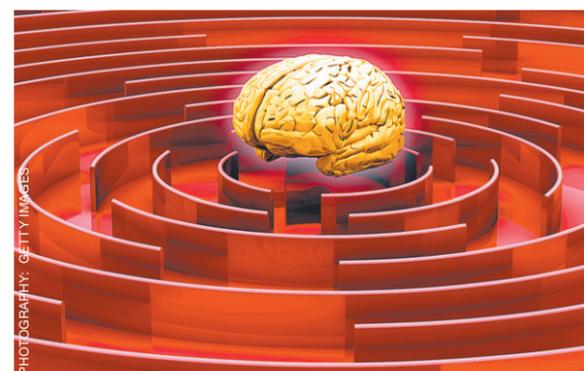
Instead, Horscroft uses hypnosis and neuro-linguistic programming (NLP) to target the cause of a bad habit.

"In hypnosis, we take people back to the cause of their habit, which usually lies in childhood, and clean up their awareness around the behaviour," he says. "Someone with an overeating problem may have had to finish everything on their plate as a child, even if they were stuffed. They may have eaten all their food out of fear and also for the praise received on finishing. Hypnosis allows us to change the subconscious understanding around the habit so it no longer feeds the same need for approval."

Reframing and compulsion blowout are two NLP techniques Horscroft uses. Reframing separates the subconscious mind's need – praise and approval – from the behaviour – overeating – and replaces the bad habit with a positive behaviour.

Compulsion blowout exaggerates the negative effects of a bad habit to the point that it no longer serves the person.

"I have nail biters hallucinate that their fingers are big chunky things, with nails so short they're bleeding," he says. "The heightened awareness then changes the person's relationship with their habit so they no longer need it."



## REPROGRAM YOUR BRAIN



■ **The expert:** Cimone-Louise Fung, intuitive mentor.

■ **The approach:** Fung believes a bad habit can be changed in 21-day blocks. "Your subconscious doesn't have a sense of humour so it will believe whatever you feed it," she says. "You can trick your mind into changing a habit if you tell yourself it's not forever."

She says that 21 days is enough time for the brain to start forming new neural pathways required to achieve your long-term goal. After 21 days of success, she advises committing to another 21-day block. "It's the second or third round that leads to more powerful long-term change," she says.

### ■ 21-day steps for change

- 1 Define your intention and the habit you want changed for the next three weeks.
- 2 Ask yourself why you want the change and write a list of 10 benefits to inspire you to take action.
- 3 Identify 10 blocks that could stand in your way and two solutions for each.
- 4 For each block, identify where the negative belief comes from.
- 5 Identify a step you could take in the next 24 hours to help solve the problem.
- 6 Contact three people who could help you conquer your bad habit immediately.  
"It is worth getting rid of your bad habits because it's the difference between getting used to pain and discomfort, and being fully alive and addiction-free on every level," Fung says. "You'll miss the magic in every day if you let your subconscious drives control you."

Are you interested in improving your digestive balance and your overall health & wellbeing?

Would you like to feel more energetic and ready to tackle whatever challenges the day may throw at you?

Body+Soul has partnered with a leading fibre supplement brand to trial a new digestive health regimen that is designed to improve your overall health & vitality, and we are giving readers the chance to participate! This product helps balance the digestive system to leave you feeling cleansed, energetic, and ready to tackle the day. To take part in the trial you will receive a 2 week trial pack and after the 14 days be required to answer a telephone survey

from one of our writers who may feature your experience in an upcoming article. Simply send an email telling us your name, address, age and why you want to improve your health and vitality to [body+soul@news1td.com.au](mailto:body+soul@news1td.com.au) and if successful you will be eligible to receive a 14 day trial pack. This trial is limited to 150 readers only, so be quick.

**body+soul**