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Topic: How hypnotherapy can cure bad habits (please include sub headings and a very conversational tone like the above)

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How hypnotherapy can cure bad habits

Hypnotherapy can cure many bad habits such as smoking, food cravings, nail biting, losing weight, drinking too much and many addictions.

Bad habits often take place without thinking, so that you find yourself doing it automatically. This is a sign that it is not a conscious choice, as it seems to have a mind of its own. This means that the habit is unconscious; that is embedded in the unconscious mind and is inaccessible through normal thinking or reasoning, conversation, counselling or coaching.

Where do bad habits come from ?

Bad habits often start from a part of you that is looking for a solution to something. Perhaps we are bored or wanting to belong in a friendship group and start to copy behavior that appears to look cool or we think could make us more popular. In the case of particular foods such as chocolate, it could be that we have simply copied our parents in how they ate, or used food to reward ourselves. Alternatively we may have used food as comfort or perhaps we started to sooth ourselves with foods in stressful situations. These habits often start when we are very young, but not always and are always fulfilling a need of some sort. However, by the time we have realized the habit and come to the point of wanting to change it, or get rid of it, it is often so deeply embedded in the unconscious mind, that normal reasoning and logical thought process's are not able to access them, as they have become rooted deep in our unconscious mind. The conscious mind is only about 20% and the unconscious mind 80%.

Why Hypnosis?

Hypnosis is simply a relaxed state. There is nothing too mysterious about it, as we each go in and out of hypnotic trances many times each day. It is natural. When you drive from one place to another and can't remember the route, or get lost in a book, film

or a daydream, you have been in a hypnotic trance. In this state your conscious mind is relaxed and it is possible to access the unconscious mind. However hypnosis in itself, although easy to induce, does not make the changes required.

Hypnotherapy

Hypnotherapy is a methodology or therapeutic approach that is used by a qualified hypnotherapist to relax the conscious mind and make the changes to the particular unwanted behavior that the client is requiring. For this to be successful the person concerned must have reached the level of readiness in absolutely wanting the change, so that they are willing to undergo hypnotherapy. This is a natural drug free way that is often relatively quick in consisting of just a few sessions with a qualified and properly trained hypnotherapist. Qualified and registered with an organization such as the AHA (Australian Hypnotherapy Association). This will ensure that you are not appointing someone who has simply been self taught or done a brief weekend or online course and ensure that you are appointing someone who is knowledgeable and effective and following agreed ethical and therapeutic guidelines.

As with all therapeutic process's it is good to choose someone with whom you feel comfortable and if they are good at what they do, they will be able to put you at ease relatively quickly and the change process can start.

Hypnotherapy for good mental health

Hypnotherapy is also very effective at improving emotional disturbances such as depression, anxiety, panic attacks and phobias in assisting in changing thought and feeling patterns and releasing trauma.

My last stop smoking client was a 55-year-old man who had been smoking since he was 14 and had recently suffered two heart attacks. He had tried medication and patches with his doctor to no avail and was quite desperate to stop smoking when he phoned to make the appointment. He signed up to the first of 3 sessions and didn't smoke again after his first session with the further 2 sessions helping him to relax and control the cravings and give him what he needed to continue an easy smoke free existence that was going to leave him about \$200 a week better off, as cigarettes are now very expensive.

Yildiz Sethi is a personal development and relationship expert and Clinical Hypnotherapist. She provides consultations and training in Vedic astrology and Family Constellations and tailored programs to resolve blocks to success and wellbeing. She has been holding workshops and training in Sydney and Brisbane for over a decade. She is the author of two number 1 best seller books (Amazon) *Stardust on the Spiritual Path* and *Be Rich AND Spiritual*. You may reach her on yildiz@yildizsethi.com or www.yildizsethi.com