



'I can't start my day without coffee',  
'How can I just quit smoking?',  
'Drinking has become part and  
parcel of my life, I can't do without it'. If  
you're trapped in the rut of habits, think  
again! Things which you chose for relief  
and happiness, have now become a  
matter of your existence, taking away



your independence to  
make choices out of  
will, likes and dislikes.  
Is this what you were  
looking for? If not,  
**Alla Tchemodanova**  
CM.NLP C.NLH CHt,  
shows you the way  
out of your addictive habits.

"Imagine a narrow, pitch black pit with  
vertical sides, there is no light here. This pit  
is noisy with the scratching and rustling of  
every imaginable fear known to mankind,  
the snakes and spiders of childhood, the  
dragons of adulthood and the horrors of

## PIT OF INSANITY

It's time to set yourself free from ugly habits

insanity. You're alone, no one knows or  
cares that you are trapped in this pit of  
despair. There is no way out."

"You dig deeper into the terror of  
alcoholism seeking relief and escape only  
to discover even more horrors than  
before. Your world is a vicious cycle of  
pain, seeking relief only to discover more  
pain. The pain is never ending and  
progressively increasing. Death becomes  
desirable. The real terror is that you don't  
realize you are trapped here in this pit of  
insanity," says Alla.

"Alcoholics, drug addicts, etc, all describe  
emotional pain differently, but they all  
have one thing in common; no matter

how they describe a pain, it is a pain and  
one they want to get rid of. Addictions  
are the camouflage of emotional pain.  
Alcohol, drugs, gambling - these are the  
slow killers."

"It is the subconscious mind which  
triggers the mechanisms which leads us  
to start acting in a self destructive  
manner. But our subconscious doesn't  
realize it is on the road to self  
destruction. It knows that it's time now  
to make us feel better, and is working as  
a protector, defending you against the  
pain in the only way it knows how - the  
drink, the drugs, the overeating; ...  
addiction," she says.

### The addict needs help to overcome the addiction

Alla explains, "The method is very simple. Change the programming in the mind.

When we had that first ever, ... cigarette, first ever, ... sip of alcohol; Our bodies natural reaction was to say NO; it doesn't like to have destruction, but then our persistence to continue to drink, to smoke, wins over.

And so the subconscious programme begins - "alcohol or cigarette or drugs is beneficial" and it operates very successfully and knows that its doing great job, because it doesn't know the alternative," she adds.

### Hypnotherapy can help you change the programming

"Hypnotherapy gives the subconscious mind an alternative program to use. It works directly with the subconscious mind, the part of the mind that deals with the triggers and emotions that are the core part of the addiction. It replaces the emotional triggers with healthy alternatives.

It is a fast treatment for addictions, a way that is proven by millions of people who have come to know the world of hypnotherapy, and have discovered that there is indeed a way out of the terror of alcoholism, or of any addiction," explains Alla.

### How hypnotherapy works

"In a hypnotherapy session, your eyes are closed, your body is extremely relaxed and your conscious mind, the bit that rationalizes analyses, criticizes, compares and controls has been diverted so that the hypnotist can work with the subconscious mind and get to the core of what really is causing your issues," she adds.

"The subconscious mind is the super memory record of everything that has ever happened to you, and it is also the

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area that controls your senses and emotions, and your habits. The mind works by gathering information and experiences and based on that forming habits and rules in the brain that make you who you are."

"For instance, smoking is a habit, and one that is not good for your health, but somewhere in your subconscious mind is a set of rules and "programs" that have been lain down and are made up of all the things that brought about smoking for you."

"This is the domain of the hypnotherapist, to find out what events caused this bad program to be made in your mind, and then help you to replace that bad program with a fresh, healthy program."

"So actually when hypnotized you are super aware, your subconscious mind is at the surface, and yes you can hear everything around you; and you're talking to the hypnotherapist and answering their questions that are being put directly to your subconscious."

"You are not asleep; you're in a deep trance like state, super aware, all your

senses at the max, hearing, touch, taste, smell..."

"The next question has got to be, can the hypnotherapist make me do something I don't want to; the answer is no, the hypnotherapist cannot force you to do anything you don't want to do; you're fully aware and can accept or reject the changes. You cannot quit smoking unless you want to; it's no good coming if your spouse sent you," says Alla.

### To sum up

"The story of the transition from the darkness of neverending emotional pain to the light of happiness, joy and love involves work, to remove the emotional triggers of physical, emotional and spiritual pain, the suppressed traumas of continuous incest, physical beatings and verbal abuse that have refused to be left behind in people's journey to sobriety," she says.

"An addiction is a false protection, a temporary release of emotional pain that can be replaced with a wonderful natural feeling of confidence and self-insurance."

She says, "A common issue that stops an addicted client from finally deciding to quit is fear; fear of what could happen when being in the company of others who have not quit, and what they will think, do or say about them quitting. The answer though is beautiful; the three C's, Confidence, Control and Calmness which are part and parcel of the hypnotherapy."

"The human mind is a biological computer that as we live we program, think of hypnotherapy as a keyboard to the mind, where bad programming can be updated for positive change in our lives."

"Life is an exciting challenge and an adventure to be fully experienced and enjoyed," she concludes.

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