

Top 10 Tips to Breaking Negative Habits

By Dr. Georgina Cannon, Master Hypnotherapist

We all have habits we want or need to break for health reasons, to preserve relationships at work or home, or to keep financial health. But in spite of warnings from doctors, many individuals continue to smoke, or eat too much. Others spend more money than they know is healthy. Another has the habit of flying off the handle and getting himself in trouble with peers or at work.

To make changes we need to change our beliefs says, Dr. Georgina Cannon, hypnotherapist and head of the Ontario Hypnosis Centre, "All habits - or unthought actions - emanate from the subconscious mind. And these habits start either as learned behaviour, which we learn subconsciously from watching or hearing others, or consciously through repeated learning; like learning to read or say our times table."

Tip one: Initiate a positive habit

The first principle in attempting to alter our behavior is to realize that we are all creatures of habit. Since positive habits are far more beneficial than bad habits, the key is to initiate a positive habit (the "suggestion") strong enough to overcome the bad habit. This can be accomplished by developing new patterns, or by selecting a habit so effective and enjoyable that it acts to overpower the undesirable bad habit.

Tip Two: Implant a new positive image

So now you're motivated, you want to change something, how does it work? If we took a smoker who desires to quit smoking, for example, hypnosis can help by changing your self-image into that of a 'non smoker'. A new positive image is implanted into your subconscious (the first factor required-motivation-is imperative). Now you're old feelings, attitudes and fixations about smoking have been dismissed. Or say for example that you want to lose weight. You know all the reasons you should lose weight. You really want to get in better shape. You want to take better care of yourself. Hypnosis helps by suggesting to your subconscious that you don't want to 'lose weight' but 'be healthy'. These are the 'believable suggestions' at work. You are now focusing on what you want to gain, for instance, better health, self-esteem and vitality.

Tip Three: Change for yourself not for someone else.

If you are changing because someone else wants you to, the chances are greatly reduced that hypnosis will work.

Tip Four: Repeat, Repeat, Repeat

Most of the habits, feelings and emotions we want to change are deeply implanted in our subconscious mind and will not just "go away" with one set of suggestions.

Tip Five: Make suggestions Believable

If you are to accept a suggestion, your mind must first accept it as a real possibility. Saying I will lose 100 pounds in a week is not believable or possible. Once you can find a believable suggestion you are well on the way to real change.

For other tips interview Dr. Georgina Cannon.

Hypnosis is one way to make suggestions to your subconscious through a natural trance state which is sometimes, but not always, facilitated through relaxation. As you tap into the subconscious mind it allows the formation of new habits or patterns, as well as allowing patterns to strengthen or change. But because the conscious mind is always in control, the want or need to change must be there. Hypnosis doesn't facilitate change if change isn't really wanted.

Dr. Georgina Cannon assists others in changing habits they need or want to change, by accessing the subconscious mind through hypnotherapy. To interview Dr. Cannon contact Darlene Montgomery at: lifedreams@idirect.com or 416-696-1684.

Dr. Georgina Cannon a certified master clinical hypnotherapist, is an international award-winning teacher, lecturer and Director of the Ontario Hypnosis Centre in Toronto, Ontario. In the seven years since it's founding, Cannon has initiated the ethical protocols and procedures for regression now followed by her students and many others in the regression field.

She is recognized by many in the media as "The Source" for expert opinion in the field of hypnotherapy and issues around complementary wellness treatments, and she regularly meets with medical and wellness professionals to enhance their knowledge and awareness of hypnosis and the dynamic healing potential of soul, or past life journeys.

For more on Georgina Cannon visit: www.ont-hypnosis-centre.com