

# **HYPNOSIS VS. HABITS**

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- The way to effectively and permanently change in behavior pattern or break a habit is to change the old pattern in the subconscious mind. This allows the conscious mind and the body to follow.
- After behaving repeatedly a specific way enough times, our subconscious minds believe-in and store this pattern as the way we want to behave – regardless of whether this is true.
- Hypnosis is an effective method in breaking unwanted habits. Emotional and physical willingness of a person to break a habit, aided by the subconscious suggestion of hypnotism, typically garners positive results in the attempt to break a behavioral habit.
- Habits are a conditioned response in the subconscious mind.
- Habits are learned. Once learned, they are part of our subconscious, natural and automatic behavior.
- The subconscious mind does not know the difference between a "good" habit and a "bad" habit. The subconscious mind does not know the difference between reality and imagination.
- Habit is the influence or cause making our subconscious minds to believe that our behavior patterns are our desired behavioral habits – regardless of whether the belief is true.
- Attempts to consciously alter an undesired behavioral pattern (aka “willpower”), are a frustrating struggle. The subconscious mind typically wins mental tug-of-war-of-the-wills with the conscious mind. This results in the return to the old habits still stored in one’s subconscious.
- Through the use of hypnosis, proactive suggestions get registered in one’s subconscious mind.
- Reinforcement of messages to the subconscious mind unleashes the power of subconsciously positive thought-processing, which is necessary to move forward in any challenging situation.
- Hypnosis is effective in facilitating the release of tension or anxiety resultant from the anticipation of change.
- Tension, anxiety and fear of change are common obstacles that cause people to stand in their own way when attempting to break a habit. For many people, the thought of a major task is more overwhelming than the actual task. Elimination of these subconscious thoughts that prevent a person from moving forward in breaking a habit or pattern is another positive effect of being hypnotized or self-hypnosis.

Disclaimer: Hypnosis cannot and should not stand alone as the sole medical or psychological intervention for any disorder. Hypnosis should not be used instead of appropriate medical, dental, or psychological treatment. Any individual with a medical or psychological problem should first consult a qualified and licensed health care provider for professional diagnosis and professional advice. Hypnosis should only be practiced by those who have been appropriately trained, who practice appropriately and within the scope of their training.

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