

# Addiction Strategies: Affirmations & Alternatives

---

## SMOKING

### Affirmations:

- My lungs are becoming more pink and healthy.
- My nerve cells are becoming fuller and healthier.
- Food tastes wonderful and I only eat what satisfies me.
- I am a permanent non-smoker.
- I refuse any cigarettes; no thanks I'm a non-smoker.
- My body and hands are able to become relaxed.
- I can control my weight and choose healthy eating.
- I enjoy the smell and taste of fresh air.
- I breathe easier and live longer.

*Note:* Contacting Soul Centering is recommended for dealing with all addictions.

Give as hypnotic suggestions or just suggest:

### Alternative Behaviors:

- Drink water
- Exercise
- Take a walk
- Be in sunlight
- EFT
- Brush teeth
- Chew gum
- Journal
- Muscle test for food/supplements
- Deep breathing
- Soul Centering/Meditation
- Count from 1 to 5
- New associations
- Deep breathing

## ALCOHOL

### Affirmations:

- My mind is growing clearer and more alert.
- I enjoy drinking water.
- I remain relaxed in social situations and can cope with any situation.
- I can breathe and relax.
- A deep breath empowers and relaxes me.
- Life is enjoyable.
- I deal with stress in healthy ways.

### Alternative Behaviors

(In addition to above behaviors):

- Alternative drinks (avoid drinking from wine glasses, grape juice, non-alcoholic beer)
- Change location

## EATING

### Affirmations:

- I eat only as much as I need to be happy and healthy.
- I eat only when hungry and until I'm full.
- I find exercises that I enjoy regularly.
- I optimize my metabolism for my perfect weight.
- I choose healthy foods.
- I'm safe; I can be vulnerable.
- I am able to let go and see the truth.

### Alternative Behaviors

(In addition to above behaviors):

- Shop/order differently
- Bathe