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# If an Addict Follows These Steps, He Will Succeed



Nicholas Pollak / January 2, 2012 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

[img]560|left|Nicholas D. Pollak|remove link|no\_popup[/img]A new client contacted me awhile ago with an addiction and weight issue. At 120 pounds overweight, she attributed her excess to her love sugar. She could not stop eating it.

She had seen a hypnotist five years ago. He helped her, but she reverted to her old habits.

When I deal with addiction, — this is really the issue —the client needs to understand curing involves a process. Once the client has quit the habit, he or she must understand this just is the first step.

The person will want to find encouragement from friends or support groups —Overeaters Anonymous, Alcoholics Anonymous, talking to people who have the same issues to realize he or she is not alone. Others have been through exactly the same difficulties. They

## **Recovery Time Varies**

These periods are usually one month, three months, six months, one year and two years. Once a person has quit for two years, he can consider himself free of addiction. He will need to be watchful, though, on a daily basis. As they say in A.A., "One day at a time." It may be one minute at a time or one hour. Whatever, he must be watchful and strong.

A powerful disease, addiction is sneaky and pervasive. An addict in a rehab center knows that for as long as he is there, he has no access to drugs. Often the addict will give in to the new regimen and put his desire until he is released.

Thereafter, an addict has a clear daily choice: Use or not. It is impossible to remove all places a recovering addict knows about to obtain drugs. Therefore, it truly becomes his battle to say no.

## **How to Make It Work**

If it is a good rehab center and the addict takes to heart the lessons he will learn, there is a good chance he will overcome his addiction. Those who just bide their time return to old habits.

All of us have learned habits as we grow. We copy our parents, peers, even movie stars. It is so important to remember that we were not born with any of these habits and that we learned them along the way. As with addiction we were not born with it but learned it, practiced it and became good at it. Now, the addict must realize it is a learned habit and unlearn it.

Many do not feel they are capable of any change.

I have a small example, which I give them to practice just to prove to themselves that they have the ability to change. Let me share that with you now.

Each of us has a place where we put our bag or keys at home. To prove you can change, find a new place. Try that 21 days in a row.

Second week, much better.

Third week, you will put them in the new spot without thinking about it, proving we can unlearn a habit and gain a new one.

This is a reminder we are responsible for the habits we learn and unlearn, habits that will aid us in achieving success, happiness and prosperity.

This easy exercise is an eye- opener for many of my addicted clients. They begin to understand their own part in their addiction. They recognize they have a power within to execute the changes they must make. They cannot blame their past or present behaviors on anyone. They realize they have the ability to make the change.

As with the keys and the bag, it only is a matter of wanting to make the change, knowing the change, making the change, observing yourself as you execute the change and finally, acting as if the change already has occurred. In this way, the steps, taken together, create the changes.

***If you have any questions please do not hesitate to contact me by telephone, 310.204.3321, or by email at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (mailto:nickpollak@hypnotherapy4you.net). See my website at [www.hypnotherapy4you.net](http://www.hypnotherapy4you.net) (http://www.hypnotherapy4you.net)***



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