

REST EASY HYPNOTHERAPY



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Take the Alcohol Reset challenge

Hey there, it's true!

These techniques can actually help you **skip the drinks** tonight...



After I stopped drinking alcohol (it's actually been over 10 months now) I started to get asked this question a lot...

"How'd you stop drinking so easily???"

So today I wanted to share a little of my story along with the **8 Techniques** that have helped me as I helped over 500 people take the **Alcohol Reset** challenge

When I practiced them, it completely changed my habits around alcohol and kept me from feeling deprived. I use the word "practice" because it isn't about perfection.... it's about awareness.

Picture in your mind...



It's wine o'clock...and it feels like a tug-of-war is going on in my mind. I'm battling the way I feel right now because it's in stark contrast with this morning's good intentions. Early this morning, after waking up with a slight headache, dry mouth, and low energy, I made a promise to myself. A deal that tonight would be different. But it's been a long day and now that glass (or 3) of wine doesn't seem like such a bad idea.....

Sound familiar?

I hear you. It's just too easy at the end of the day to pour a drink. Maybe you want to challenge your own status quo and take a break tonight. Listen, we've been told we "need" wine or joke about "mommy" juice to get through the tugging hours. As young professionals, it's the weekly happy hours that become a part of the average work week . "It's wine'o'clock".

I get it.

Life is chaotic, busy, and demanding. Sometimes life is dull, flat, and boredom sets in. It has become socially acceptable to numb our senses to deal...

But is that really "dealing" with anything?

It's leaving us feeling tired, frustrated and trapped. Many of us feel caught in a vicious cycle of what I describe as "detox just to retox" loop...you know the one, where you wake up, look in the mirror and make promises to yourself. Like "I'm going to eat better, workout and skip the evening vino."

Sure enough, 5 o'clock rolls around and you crumble. Ugh, it's getting harder to just have one. The week night and weekends are starting to run together...

Guess what? You can get back in the driver's seat and be in control of your relationship with alcohol. I did and you can too.

Here's how...

1. Know Your Why

To start, make a list. Let's be specific on why you're wanting to change. Begin to identify different aspects of drinking. It helps to write it down. Here's an example to get you started...

Why I Drink

- To Relax
- Reduce Stress
- Socialize
- ?

Downside

- Brain Fog
- Hangover
- Weight gain
- Depressed feeling
- ?

Upside

- No guilt
- Clear mind
- Less calories
- More energy
- ?

List your reasons here:

2. Mindset

The thoughts you have around drinking will determine your emotions and those directly affect your behaviour. Let's go to the root and find out what you're really thinking. Let's use a great tool called H.A.L.T method.

Hungry

Angry

Lonely

Tired

The main thing is to stop, pause, and be mindful. Let's identify the real need and address it. Are you hungry, angry, lonely or tired? Perhaps you're sad or even bored? You can address this need directly.

***Wine/beer/your alcoholic drink of choice is not a cure-all,
but it is a numb-all***

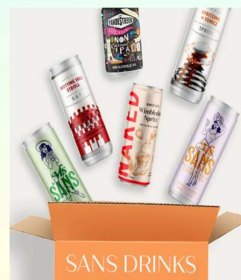
Once you identify the need you can meet it with several different options! If you're hungry, eat. If you're angry, journal or walk around the block. Lonely? Reach out to a friend. Tired, close your eyes for a few minutes. It's a good idea to be proactive and have a snack and hydrate around 4pm, this will help you.

3. Have Alternative Plan

When you're making a change, it's tough to take something out without putting something in its place. For me, part of the lure of a drink in the evening was ritual. It's the pretty glass, the attention to detail and the feeling that it's special. It was a "transition" time of the day. So what are some easy replacements that will help you tonight?

Here are some great ideas:

- ✓ Great mocktail mixers are on the market these days.
- ✓ Check out **SansDrinks** <https://sansdrinks.com.au/> for lots of non-alcoholic wines, beers and spirits.
- ✓ Alcohol Free beer that still tastes great is Heaps Normal.
- ✓ Enjoy a glass of kombucha in a beautiful glass
- ✓ mineral water and a squeeze of lime and sprig of mint



4. Surf The Urge

Here's the deal. Cravings are REAL but have you literally ever had one last forever?

Trust me, it can feel that way but they DO pass. This happens in minutes, not hours. Picture an urge or a craving like a wave. It can feel large and at times even overwhelming. Now, picture yourself on a surfboard. By just simply being aware, taking a mindful pause, and not running to old habits is huge. Here's a practical tip...

Give yourself some time. I don't say 'forever' or 'always' ...my goal is that present moment. I've never regretted *not* drinking the next day. My guess is you'll wake up energized and without regret. Remember, cravings don't say anything about you.

It's just a normal part of change

5. Play The Movie Forward

This tool is my favourite and requires complete honesty with yourself.

Picture your evening like a movie reel. It has a beginning, middle, and an ending. You get to write the storyline. What will REALLY happen if you have "just one" drink?

When a craving is happening, it's easy to get caught up in the feeling. Take a moment to really visualize what will really happen. Will you have more than you intended? Late night snacking un-doing your workout? Say things you regret? Perhaps you wake up the next morning disappointed for breaking another promise to yourself.

Also, play the movie forward with a different choice. What will happen to your night if you skip the vino? Get detailed in your mind..will you be able to enjoy a cup of tea, maybe read a story fully present with your children, get a good night's rest and wake up feeling proud of yourself!

The cool thing is you are in control of your choices.

Here's how to do it: Focus on your healthy and happy future

- a) Picture the future you free, healthy, happy, glowing and radiating health and vitality.
- b) Breathe it in for you now.
- c) Feel the strength and positivity, pride and trust in yourself. Stand tall and proud.
See these good feelings as a colour.
- d) Press and rub your thumb and forefinger together, as you breathe in these good feelings, and wash the colour through your body.
- e) As you press and rub the fingers - repeat any affirmation that resonates ie
"I am alcohol free.

*I am choosing an alcohol reset and focussed on my healthy happy future.
It feels great to take this time to learn find out how I can be alcohol free.
I am so proud. I'm awesome" etc*



6. Tools for success....

Breathe through any thoughts of drinking and any cravings.

If you have a thought of wanting a wine or beer now or later in the day, recognise it is only a thought and you don't have to act on a thought.

You can choose to:

- a) Draw that big Red X in the sky
- b) Picture the image of that drink in your mind
- c) Hold your hand out and say STOP
- d) Talk down to that drink *"I don't want you. You aren't helping me to create my successful future. You have no place in my life"*.
- e) Picture the image is getting smaller, blurry, hazy, drifting into the distance as the Red X is getting stronger and more vibrant.
- f) Feel all the craving drain out of your body. See it as sticky goo - draining out from your brain, draining down through your body. A pool of sticky goo that you can step away from.
- g) Step away and be free of all that old craving and attachment.
- h) Congratulate yourself. You are free again. As you practice this it will get easier each and every day.



7. Make it really easy

Download your copy of

Mindful Alcohol Reduction audio OR **Easy Alcohol Free audio**

Enter coupon code **TAKE15** on checkout to receive \$15 off all audios!

<https://www.resteasyhypnotherapy.com.au/shop>



8. Join the Rest Easy Hypnotherapy Alcohol Reset program

Hi, I'm Cara Here's a little bit about me.

I'm a Clinical Hypnotherapist and NLP coach. People ask me all the time what I'm going to do in this next season of my life. Well, you're looking at it.

I feel passionate about making it safe for all people to have a conversation about alcohol without judgment, labels or rules.

Around the middle of my 40's, I found myself tired, drinking was on auto-pilot and often out of habit. I was feeling stuck and ready for a change. I didn't want to enter the big 5-0 the way I did 40. I took a closer look at my life. My health: mental, physical and spiritual. I began to find out ways to have more energy, better sleep, and really stay present in my own life. I began to realize wine wasn't doing me any real favours.

I knew it was time to change. I wasn't an alcoholic, like physically addicted, but I was something in my life that had just begun to feel like a weight I was holding on to. I could gently hear the voice of my intuition telling me what had become heavy, and what I needed to let go of. It was an invitation to a transformation journey from the inside out. And one day at a time I became **Alcohol-Free**.

Want Lasting Change?

"I created what I wished I could have found years ago"

There are several outstanding programs out there but I had yet to find a place for all people which was different to the traditional AA 12 steps and traditions.

The Alcohol Reset 4 session program

A tailored **Hypnotherapy and NLP treatment program**, in combination with tools & techniques to practice in daily life, are effective in creating the change so you can **reduce your alcohol intake or let go of any habit once and for all** and have the healthy future you've wanted.

Many people try so many different methods to quit that aren't effective. You've probably wanted to reduce your drinking for a long time, and be free of the cravings. You've probably tried one method or another but found yourself going back....

A tailored Hypnotherapy and NLP treatment program **actions the powerful unconscious mind to do all the hard work and create lasting change.**

You've probably heard that it takes **21 days to create a new habit**, and it's true. The mind requires 21 days to adjust to this new way of thinking, and this is where hypnotherapy is so powerful and effective, because over the course of four hypnotherapy and NLP treatment sessions you will gain an understanding into the habit, so you will be ready to let go, reduce and be free of the cravings once and for all.

The full Rest Easy Hypnotherapy **Alcohol Reset** package is:

- Up to **four** tailored Hypnotherapy treatment sessions that will give you the results you are looking for, that will help you to **reduce your alcohol intake**, without cravings, or reduce and quit once and for all.
- Resource manuals and take home information
- Mindfulness techniques to utilise and practice in life
- complementary *Alcohol Reduction & Moderation, and Alcohol Free* audios to listen to, to keep focussed on achieving goals
- Certificate on completion

In combination with the hypnosis component, this really is the **winning combination** to be free of cravings once and for all – not just for as long as you can hold out.

You decide at the end of the **21- day reset how alcohol fits into your life**. There's not a "one size fits all" approach. The goal is freedom from the control of alcohol in your life and finding true relief from the exhausting "tug-of-war" in your mind and heart.

Is your goal whole-hearted living without a divided mind? What will happen if you don't take action towards a mindful approach to drinking? Are your drinking habits really taking you in a direction you want to go?

My goal is to educate, inspire, and even challenge the marketing messages that tell us that after a hard day at work we need a "big cold beer", or we need "mommy juice" to parent or be successful in the workplace through boozy happy hours.

Imagine a new way. Picture yourself with support so you don't have to figure it out alone. Join the **Alcohol Reset** challenge.

Here's a promise I can make...No matter what you decide to do after the reset,

you will never view alcohol the same

Most people continue to set good intentions and make internal promises without any support or new information. What sounded good in the morning has a hard time standing up to the pull and tug of the wine o'clock hour. If the only thing you got from the reset is a completely new way of looking at alcohol, it'd be worth it.

Just like **Marni**, you too can be free:

*"I always enjoyed a drink, but after having a few challenges a while back now I found myself drinking more and more. It was always my switch off, my reward, the thing that would allow my mind to relax. I knew I wanted to cut down, but I couldn't, I always found myself going back, and over the years I noticed I was drinking more and more. That's why I contacted Cara. I just wanted to be able to not think about drinking. Cara guided me into being able to let go of the habit, to reduce, and then I decided to let go entirely. I've been alcohol free for 126 days. I don't even think about drinking. I can relax in other ways, and my social life is even better. I am so happy I took this step.
I love my life and I love being free"*



Marni, Geelong

In addition to hypnotherapy, during a treatment session I will also show you tools and techniques to reframe unresourceful mindsets and beliefs. These positive mindset shifts change the way we think, what we believe about ourselves, and ultimately how we feel, and enable us to have a healthy and happy future.

I also offer complementary audios to listen to, to keep focussed on the positive mindsets and on feeling the change within.

Private Health claims and Tax Deductions

Private health rebates also apply. Please check with your provider.

if you use an ABN the entire cost can be written off on your income tax as 'Professional Development'

3 convenient locations

GEELONG: 88 & 90 Gheringhap Street, **Geelong 3220**

ARMSTRONG CREEK: 23 Scottsdale Street, **Charlemont 3217**

GROVEDALE: @ Geelong Bowen & Remedial Therapies Clinic, 309 Torquay Road, **Grovedale 3216**

Appointments can also be made online if needed.

Complementary tools

All guided hypnotic audios available on my website www.resteasyhypnotherapy.com.au are available to clients **free of charge** and for an unlimited period.

Feel welcome to get in touch at anytime. I'd be happy to chat about how I can help you achieve your goals and experience freedom and success.

Yours sincerely,

Cara Beltrame

Clinical Hypnotherapist, NLP & EMDR

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REST EASY HYPNOTHERAPY

...making change, success & rest easy...

with *Cara Beltrame*

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