



# Julie Clark

## **The Habit Breaking Formula**

Please ensure you have watched the video that accompanies this pdf.

### **Here's what happens:**

1. Habit alarm goes off (your brain sends you a little reminder that you need to do.....x,y,z)
2. You get the urge/craving/need – I WANT x,y,z
3. Your habit voice talks you into your habit (you've been good, you deserve this etc)
4. Most people collapse at this point (brain battle)

You cannot willpower your way out of a habit. The habit brain over rules the willpower brain!

You are NOT your habits! Habits are just habits!

### **Here's what you do:**

1. You say to yourself (in your head or out loud), This is just a habit, it's NOT me.
2. You say to yourself, It's just HABIT VOICE – It's NOT me!
3. I dismiss Habit Voice and Urge NOW!
4. I move my attention to.....



## **Freedom from Cravings**

Please watch the video that accompanies this pdf.

By combining the above (habit breaking formula) with tapping (emotional freedom technique) you are able to CHANGE your subconscious brain and re-programme it with your new ways.

All the 'I AM's' you wrote you can achieve by changing those defected programmes you have running in the background.

This is how you change your life FOREVER!!!

We don't bother with the willpower (frontal cortex) we go straight to source, the reptilian brain – the survival part of your brain – the part that rules the roost!

### **Here's what you do:**

Rate your craving on a scale of 1-10 – WRITE IT DOWN! 10 is I MUST have this, 1 is I can take it or leave it!

Using the tapping points shown in the video.

- Karate chop point and say the following...

Even though I have this craving for (fill in the blank i.e. chocolate, sugar, alcohol etc), I deeply and completely love and accept myself.

[repeat 3x]

- Top of head and continue with other points and say the following...

This craving, this craving, this craving (continue to say as you do all the tapping points).

Now rate your craving as before. Continue the above exercise until you can rate your craving at a 1 or 2.

