

Habits & Addictions Revisited

by Robert Waldon

1948 Buttner Rd, Pleasant Hill, CA 94523, (415) 935-0512

Habits = things we do

Addictions = things we crave

Most habits represent the repetition of a behavior which, past or present, has been effective in reducing anxiety, stress or fear of some kind in our lives. The addiction is to the resultant anxiety reduction (regardless of any other anxiety or stress might be caused by the addiction itself). Many of our Habits and Addictions take the form of substances which we administer or ingest (foods, drugs, cigarettes), but can also take the form of behaviors (pacing, arguing, lying, stealing, sleeping, daydreaming, etc) or patterns of thought ("I'm stupid", "I'm always making mistakes", "I'll never be able to do this", "I'm responsible for this mess", etc.).

Testing

1. Get strong indicator muscle
2. Check for switching, blocking, hydration
3. Think about habit / addiction (or look at items on a list)
4. Touch tip of thumb to tip of ring finger and re-test indicator. Weak = habit or addiction.
5. Check that it's appropriate to clear.
6. Find the emotion on habit / addiction.

Correction (based on Wayne Topping's Stress Statement work):

(Note: For added sensitivity to emotional issues involved, have person hold thumb to tip of ring finger on both hands while testing the Pectoralis Major Clavicular on both sides for all tests.)

1. Test muscle on both sides of the body independently to test for right and left brain integration.
2. If both sides test strong, there is nothing to clear on that statement.

3. If one side tests strong and the other weak, there is a lack of agreement between brain hemispheres. Do the Brain Integration Technique.
4. If both sides test weak, do Eye Rotations (both directions) while holding ESR points (keeping thumb to ring finger) and repeating statement. Re-check statement, testing both arms.

Possible statements to clear include:

- "I do not (no longer) need (thing / substance) for its tranquilizing effect."
 - "I do not (no longer) need (thing / substance) for its stimulating effect."
 - "I do not (no longer) need (thing/substance) to handle my (emotion)."
 - "I do not (no longer) need (thing/substance) to prevent feeling (positive emotion)."
 - "I deserve to feel (positive emotion)."
 - "I no longer believe (thing/substance) can offer anything I need."
 - "I want to be free of my (habit, addiction)."
 - "It's safe to let go of my (habit, addiction)."
 - "I am willing to change my thoughts about (habit, addiction)."
 - "I am willing to change my feelings about (habit, addiction)."
 - "I am willing to change my behavior relating to (habit, addiction)."
5. Do eye rotations and temporal tapping (add Frontal/Occipital holding if possible) while repeating each of the following statements, individually, several times:
"I no longer crave (thing) when I feel (negative emotion)."
"I no longer crave (thing) when I want to feel (positive emotion)."

Verification of Correction

1. Re-test indicator muscle while holding thumb to ring finger and thinking of habit or addiction to be sure it's clear. If not, repeat corrections then re-test.
2. Re-check emotion on habit / addiction to be sure its clear.
3. (Optional) Check for any other emotions which might have been imbalanced by process.
4. Check for and clear any stress on the process itself.