



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Conquer Alcohol Addiction

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Many people are prone to alcohol addiction because they use it to deal with uncomfortable feelings. I'm grateful you are listening to this today as it shows you want to conquer alcohol addiction.

You may find that you drink to fit in, to feel less inhibited or because it takes the "edge off" troubling emotions. If you have a serious alcohol addiction, you can easily fall into a trap that keeps you dependent on alcohol to get through life. Of course, this will end up causing more harm than good and you know that within. Alcohol abuse not only takes its toll on your health but it is also very likely to destroy your relationships with the people you care about. You may **even lose your job** because of your drinking habit.

To deal with a drinking problem or serious addiction, you need to address the underlying reasons why you drink and become addicted. Most people often turn to counseling and medications to work on their addictions and that is okay. But, there is also another alternative that resolves alcohol addiction.

Welcome to the power of meditation and this is exactly the reason why you are here. You are here because you believe in the power of this form of mindful meditation which is a wonderful and effective way to tackle your problem using the power of your subconscious mind. When your mind stops associating alcohol **with relief from pain**, you will no longer find yourself reaching for a drink to feel good or to avoid your problems.

Mindfulness meditation can help you conquer alcohol addiction by raising the awareness of your subconscious mind to deal with your problems in an effective way. You can use the power of hypnotic suggestion to remind yourself that alcohol is an **undesirable substance**, rather than something you reach for to feel good. Very simply, you will no longer want or need to drink once the power of hypnosis re-frames the way you think.

Find a comfortable place to relax to listen to Mindful Meditation. It could be in your bed or in a nice comfortable chair. Turn off all gadgets or anything that could distract you and of course, never listen to this meditation while driving or operating any machinery as it could make you very drowsy.

Allow yourself to get cozy and relaxed. Adjust your pillows or blankets so you can be comfortable to listen to this meditation

In a moment,. I would like you to take three deep breaths and with each breath, **exhale slowly**

As you exhale, completely **release the tension and stress** from your body.



On the third deep breath, as you exhale, let your mind and body really sink into a **deeply relaxed state**, let your eyes slowly close, and feel your awareness going to your inner mind.

