

How to Overcome an Addiction Using a Guided Meditation

Addictions are destructive to yourself, your family, and your general sense of well being. Even though you think you get pleasure from the addiction, it is really a kind of pain masquerading as joy. This guided meditation can be a great way to break through the pattern of guilt and pain you feel from your addiction, and see the potential of living a life unburdened by your dependency.



Steps

[edit](#)

- 1 Decide you really want to stop this behaviour.** If you are not sure about whether you really want to stop, you probably won't. But, if you genuinely feel and think you are ready, then go to step 2.
- 2 Make a list of all the reasons you want to stop the addictive behaviour.** For example, if you want to quit smoking, your list might be: i. I will smell better, ii. I will have more money, iii. I will feel more energetic and healthy, iv. I will know I have overcome something that was harming me, v. My mood will get better. etc. If you want to stop gambling, your list may be: i. I will have more money. ii. I will stop feeling guilty after losing money. iii. My relationships with my friends and family will improve. iv. I will feel powerful for overcoming this affliction.
- 3 Take your list and alter it so that every benefit of giving up your addiction is written in the POSITIVE, not the negative.** For example, if you want to quit smoking so that you will NOT smell bad, rewrite your list to say "I want to quit smoking so that I will smell fresh and clean". Or if you said you want to [quit drinking](#) because you DON'T LIKE feeling depressed and hung over all the time, rewrite this to say that you will feel much more energetic, peaceful, and healthy. Write your reasons for giving up the addiction in how you will feel, not how you won't feel.
- 4 Take your new list and go to a nice quiet spot (without TVs or other people around).** Take a few deep breaths and relax. Listen to the sounds around you and let yourself feel however you feel for a few moments. Don't be too hard on yourself. Begin to visualize a "peaceful place". This is a nice, calm, peaceful place such as on the beach or on a warm calm hillside with the winds in your face and the soft ocean sounds all around. Pick the spot that is right for you. Just keep visualizing that peaceful place, and really allow yourself to go into it fully. Use all your senses to go into it as deeply as you can. You may feel the soft sand under your legs, or the warm smell of the fresh air outside. The soft sunrays may warm your skin and make you feel safe and secure. Go deeply into your peaceful place.
- 5 In your peaceful place, take your list and begin to say, "Here I am in this wonderful place, and I am not smoking.** I am feeling peaceful and relaxed, and I smell fresh and good. Here I am in this peaceful place, free from my addiction to cigarettes, and I am happy because I have so much more money to spend on my family and my future. Here I am, in this peaceful place, and I am enjoying all the

energy and balance since quitting smoking." And so on down your list. "Here I am in my peaceful place, and I am free of my dependency on _____ (insert addiction), and I am feeling so good because _____ (insert item from your list)."

- 6 **Continue with this practice all the way down your list.** You can do this many times, if you like. Perhaps every evening before bed.

Tips

[edit](#)

- Addictions are dangerous and destructive, but avoid blaming yourself too much. About 15-20% (excluding smokers) of people suffer from serious addictions sometime in their lives, and it is nothing to be ashamed of. You may say that overcoming an addiction is part of the human experience. But it is something you have to do, as it may only get worse if you don't take action.
- Keep your list of reasons on you at all times (in a secret spot!). Look at it as much as you can. Look at your list when you wake up in the morning and when you go to bed at night.
- When doing this activity, the deeper you are in your peaceful place, the more effective it will be.
- BUT... don't worry too much about "doing it right", the fact that you are doing it at all shows your energy is going to the right place, and just keep at it and it is guaranteed to make a positive difference.
- There are a lot of ways to overcome addictions. Keep reading, keep working at it, and you will be successful.

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[edit](#)

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- [How to Quit Smoking by Using an Allen Carr Book](#)
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