**NLP CRAVING BUSTER**

The key to controlling habits is through the imagination. When you think about a food you crave, you begin to feel desire, but if you imagine it with some maggots on top, the desire instantly goes.

In just a moment I am going to ask you to think about something that repulses you and through the power of your imagination, we are going to associate it to the food, beverage or cigarettes that you crave, reducing your desire and craving.

**Step 1.**

(Before you do this technique for yourself, read through each step so that you know exactly what to do.)

1. Think of a something that you find totally disgusting. You need to be able to remember or imagine it vividly for this process to work well. Some people believe that there’s nothing they wouldn’t eat, but what about maggots or dog poop?

2. Now imagine or remember that awful taste and how repulsed you feel. As you keep remembering this, squeeze your thumb and middle finger together on your LEFT hand. Repeat this process as many times as you need until you feel utterly disgusted.

Remember, you need to find something that’s totally repulsive in order for this process to work. Once again squeeze your LEFT thumb and middle finger together and imagine swallowing that repulsive substance. Keep doing this over and over again, until you feel ready to wretch!

3. Now, as you squeeze your LEFT thumb and middle finger together, remembering how repulsive that taste is, imagine eating some of the food or drink you crave or smoking your cigarette, the tastes of the two getting mixed up together.

4. Keep repeating this process until you can’t get any compulsion for your craving (food, drink or cigarettes).

**Step 2.**

Because the thing that you used to crave was making you feel good in some way we need to reprogramme your mind to automatically give you those good feelings at the times when you used to eat, drink or smoke.

1. Remember a time or place that makes you feel really good, it could be a holiday, time friends and family or just sitting in front of a cozy fire.

2. Return to it like you’re back there again right now. See what you saw, hear what you heard, and feel how good you felt.

3. As you feel those good feelings squeeze your thumb and fingers together on your RIGHT hand.

4. As you remember those good feelings imagine taking those good feelings with you to all the places where you used to eat, drink or smoke (your craving) and imaging being there, feeling this good without craving (eating, drinking or smoking)