



Chris Hill's 7-Day Beat Addiction Plan

Supported by:

Rob Hill
Foundation



If they can do it, so can you!

Kerry, Kent (Nicotine, alcohol)

"I very rarely get the urge or the feeling that I need a cigarette or drink. It's pretty much a miracle and I'm totally dumfounded how so quickly I don't feel the craving for alcohol or nicotine."

Clare, Bexley (Alcohol)

"I am now on day eight since signing my contract. I am feeling the strongest and most positive I have felt in six years. My sleep pattern is starting to resemble normal again. My energy levels are through the roof and I've managed two 5k runs in a week. I'm positive this has changed my life and I will never drink alcohol again. I cannot thank you enough and I'm glad I got the courage to contact you."

Shelley, London (Gambling)

"Chris has helped my boyfriend Andy finally become free of his gambling addiction. The difference I saw in Andy after the 10 day withdrawal was incredible. He was like a new person, full of life and happiness. He would bound out of bed in the mornings instead of me having to drag him out. He was walking with a spring in his step and felt confident."

Lisa, London (Anxiety)

"Chris Hill's book was the start for me. I suffer with panic attacks. I read Chris's book which made me understand my mind. Excellent. I joined Chris's workshop in Sidcup the next week. He taught about our minds, soul, how we as people are wired. I was given the 7 day plan to read and complete at home. I did complete it, that night. It has helped me out and now I can manage my panic attacks which are not as often as they were."

Keely, London (addiction not stated)

"His programme is easy to get a grip of as there is no judgment. If you relapse, he helps with guidance as to how to move forward and rebuild again. Also there is a lighthearted element of how positive and good life is. I thank Chris for all his amazing help and would advise anybody suffering from addiction to use this method, AS IT WORKS!"

Leon, Bexley (Cocaine, alcohol, nicotine)

"My life has got back to an amazing place, my wife and I are back on track, the kids are back in my life and money is great. For a short space of 10 days I have accomplished all this through the Chris Hill programme and can't thank him enough."

Suzanne, London (Nicotine)

"From my perspective Chris, you have found the missing piece of information that makes the difference between success and failure to beat an addiction."

Welcome

Thank you for putting your trust in me and making a commitment to read, understand and use this **7-Day Beat Addiction Plan**.

This plan is essentially - the 'self-help' solution to how to beat addiction taken from my book: ***Get Your Life Back: The Road to Freedom from Addiction***.

In this little booklet, you'll find all the learning necessary to help you beat any addiction, whether it is to a substance or activity. What I'll teach you can also help with issues such as anxiety, stress, depression, phobias, eating disorders, obsessive compulsive behaviours and more.

You can read it over seven days or all in one go. The important thing is to take it all in - so just work though the plan at your own pace.

My addiction journey started with cigarettes, at the very young age of seven. This led to alcohol, then Marijuana, Speed, Ecstasy, Cocaine, Crack-cocaine and Heroin. Last but not least, an addiction to sugar.

I attended every course, group and programme. I saw many doctors and was prescribed medications, but none of them worked. I then started educating myself about the mind and how it works and found the solution that has seen me free of addiction for over ten years.

And that's what I'm offering you – a solution to help you beat any addiction as well as live more mindfully, making conscious and deliberate decisions about your life and how you want to live it.

This is the beginning of a new way of life.

With best wishes

Chris Hill

Please read this important message

*I am not a doctor, psychologist or nutritionist. I am someone who has been through all kinds of addictions and found my way out and I am sharing that knowledge with you. If you have been addicted long-term to any substance, please **consult with your doctor before commencing withdrawal**, especially if you are on any medication; including anti-depressants. **This is particularly important for anyone giving up alcohol, Opioids such as Heroin or Benzodiazepine-based medications.***

This booklet is made available free of charge to ensure money is not a barrier to people getting the help they need. If you would like to make a donation to the Rob Hill Foundation to support this booklet, free addiction workshops and support groups and other projects please visit **www.robhillfoundation.org**

You can do this

Let me just say, it takes a strong willed person to even question if there is something wrong in their life. Most people try and blank it out and just accept that this is how life is.

I was never one of those people and that is why I went in search of the truth of what's really going on in our minds in relation to addiction.

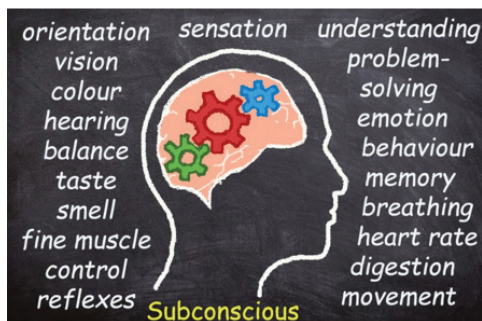
And now, you're one of those lucky people about to embark on a journey that will change the whole course of your life; a journey that will take you through all the stages of tackling your addiction, and then out the other side to complete FREEDOM.

It does not matter what addiction you have - as long as you are willing to make a decision to stop, this process will allow you to do it.

Day 1: Understanding the Subconscious Mind

Your subconscious mind is the presence that sits in the back of your mind. You can't see it, you can't touch it and it can't talk back to you. Experts say that we as human beings function 10% consciously and 90% subconsciously; which when you think about it means a huge proportion of our actions are controlled on a subconscious level.

What is its role?



Our subconscious mind was given to us to guide and protect us through life. It stores every memory, sound, taste and experience we have ever encountered.

It does everything we don't consciously think about, for example: have you ever gone on a journey to visit a new

place and then some time later you take the same journey and you start to remember all the landmarks and scenery from the first time you travelled there? Well, this is your subconscious mind reminding you that you are on

the right track and helping you get to your destination. This is what it is designed for – to help us and guide us when we need it.

Another example is - if you see an old friend from years ago but you can't remember their name and you ask yourself "What is that person's name?" All of a sudden their name pops into your head! Again, this is your subconscious mind working independently for you behind the scenes.

Our subconscious mind is the most powerful sophisticated machine on this planet. It is 1000 times more powerful than any super computer ever made.

It is able to give 100 billion instructions all at the same time to all our blood cells that run around our body giving oxygen and nutrients to all of our organs and muscles keeping us alive. It controls our heart rate, body temperature, lung function and digestive system. It regenerates every part of our body; it basically runs our whole inner being and is the control center of our whole lives.

It also runs all of our safety mechanisms like breathing, hunger and thirst. These are the warning signals our brain gives us to keep us alive.

It is a magnificent machine.

How does it control us?

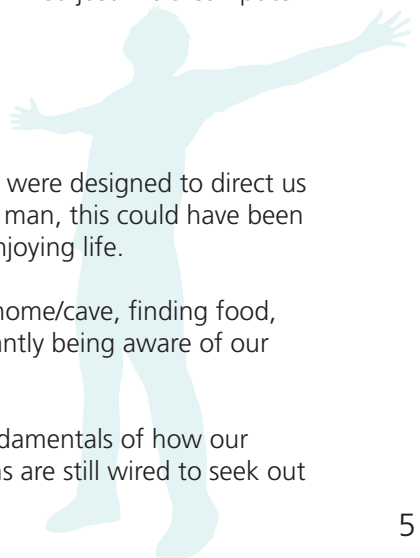
Our brains were created thousands of years ago. From the first humans or cavemen - our brains were set. They were programmed just like a computer for only two things:

- To seek out pleasure
- To avoid pain

To seek out pleasure, means just that - our brains were designed to direct us to go and find pleasurable things to do. For early man, this could have been eating food, having a partner and a family and enjoying life.

Avoiding pain would have been about finding a home/cave, finding food, protecting ourselves from other predators, constantly being aware of our surroundings in case of attack and so on.

Nowadays, life is very different; however, the fundamentals of how our brains are configured are still the same. Our brains are still wired to seek out pleasure and avoid pain and **THAT IS IT.**



Obviously I am aware that we have moved on thousands and thousands of years and our brains have grown to learn language, communication, we have developed our building skills, our engineering skills to make cars, airplanes, trains and even rockets and fly to the moon! Even with all of these triumphs and successes, our brain is still wired in exactly the same way to SEEK OUT PLEASURE and AVOID PAIN.

So where did we go wrong?

Society and man went on to create all kinds of addictive substances; sugar, alcohol, nicotine, cocaine etc. Not only this, but our brains have attached themselves to pleasurable activities and interests like gambling, sex, sports, you name it - if it gives us pleasure our brains have wired themselves to it and become addicted. And by this I mean that once your brain connects itself to something pleasurable - you will have the desire to continue with it forever.

Of course, if this product we are taking or activity we are involved in starts to become a problem, or it starts to cause us some sort of pain or aggravation or it starts to destroy our lives you would think that we could just make a different choice and stop doing it!

You would assume your brain would use logic and reasoning and would tell us to STOP, but unfortunately our minds do not work in this way. They only work led by the emotions and feelings we get inside of us.

So, if you have taken something that is addictive, such as nicotine - whilst the drug is in your system your mind and body are going to crave it. Even if you decide to stop, your mind and body still want it. Even if it has DESTROYED your health, taken all of your money, and left you with a feeling of being frowned upon by other people, because you're still a smoker.

Whatever the bad, your mind and body will still crave that drug!

Why does your mind do this? Because that is exactly what it was designed to do. Seek out pleasure and avoid pain.

Now, of course, you could argue "Why isn't our subconscious mind doing something about this, if we are suffering all of this pain and aggravation in our lives?" The answer is that we still have this want and need inside of us which is a much stronger argument for our subconscious mind.

Addictive substances connect to our safety mechanisms just like food and water. A need is created and our brain is tricked into thinking that these products are essential for survival and no matter what is happening in the outside world, our inner world is fighting to survive. Our minds and bodies are literally a survival mechanism keeping us alive and that is all they know. Our subconscious mind communicates with us through thoughts, feelings and emotions. It guides us by telling us what to do and this is where the CONTROL comes from. We are constantly being told what to think and what to do and we are just answering to it.

The truth is we just need to make another choice but we need to do it in the RIGHT WAY - but don't worry, all will become clear as we go along.

Day 2: Your Mind, Body & Soul

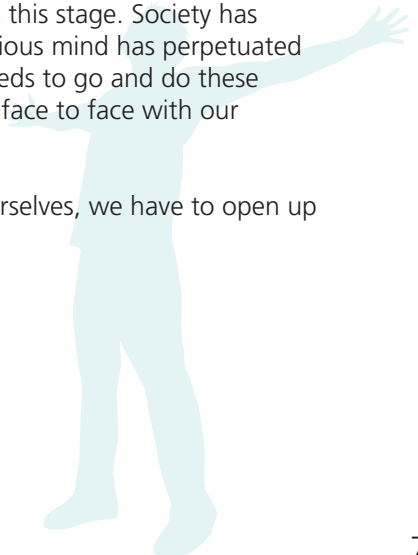
Well done, if you're still reading this. Most people switch off at this point because their mind realizes they are tapping into an area you are not supposed to be in.

I know this sounds strange but when we deal with our subconscious mind, I don't think we were ever meant to communicate with it, not on a direct level anyway.

Your subconscious mind is so powerful it is almost like a God figure living in your own body and who are we to question it?

BUT and it's a big BUT, society has brought us to this stage. Society has created all kinds of addictions and our subconscious mind has perpetuated the problem by giving us all these wants and needs to go and do these things. This has left us with no choice but to go face to face with our subconscious mind.

To communicate with it we have to go inside ourselves, we have to open up dialogue with our subconscious mind.



How to separate parts of ourselves

This is the most essential part of this entire process. To understand addiction, you must first understand the separation of your mind, body and soul / or conscious self. Let me explain...

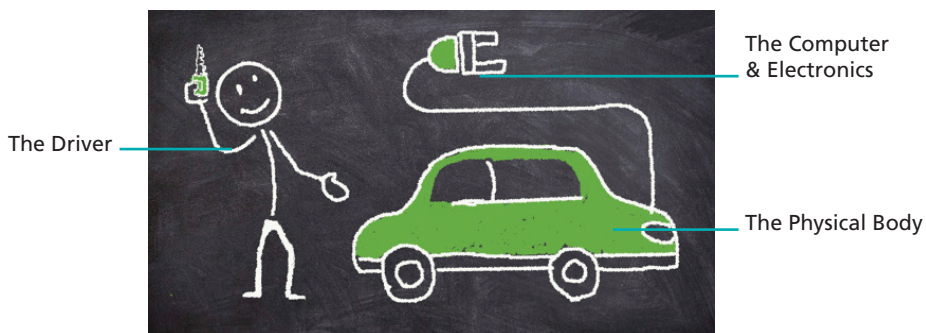
Your MIND is the CONTROL CENTRE to your whole inner being. It controls your heart rate, your body temperature, it tells you when you are hungry or thirsty. It tells you when you are tired and need to rest or sleep, it literally gives you a hundred billion instructions all at the same time to all the blood cells around your body. It controls all your muscles and ligaments allowing you to move. It literally does everything for you.

Your BODY is quite obviously the VISIBLE PART of you made from flesh, bone, organs etc. We come in all different shapes, sizes and colours but the fundamentals are still the same. We are all blessed with eyes to see, a nose to smell, a mouth to taste, ears to hear, hands to touch and we can magically reproduce human life.

What a magnificent machine we are, we should really love ourselves!

Your SOUL or conscious self is more difficult to explain. The way I see it - your SOUL is who YOU really are – it is your conscious self. It is YOU reading this booklet. It is YOU being aware of your surroundings. It is YOU making all your own decisions. It is YOU experiencing life!

A car is made up of three things, just as we are:



The best way I can describe our mind, body and soul is using a car as an example. There is the main physical body of the car (the doors, steering wheel, windows, engine etc.). The body is everything you can physically see. Next there is the electronics of the vehicle which includes the computers and

the Electronic Control Units controlling the smooth running of the vehicle from the inside. Finally, we have the driver of the vehicle which is YOU.

Our human body in this analogy, is the body of the vehicle, our mind is the electronics and computers in a car and our soul/conscious self is the driver of the vehicle.

Say, for example, something goes wrong with the car. It would either be the electronics or computers or the physical body that breaks down which of course has nothing to do with the driver. But it is down to the driver to get it fixed! The car, even with all its electronics, cannot fix itself.

IT'S EXACTLY THE SAME WITH YOU.

If you take something addictive, it is your MIND and BODY that have become addicted and not YOU (YOUR CONSCIOUS SELF).

However, IT IS DOWN TO YOU, as the 'driver' of your vehicle to go get it fixed!

How we can fix ourselves

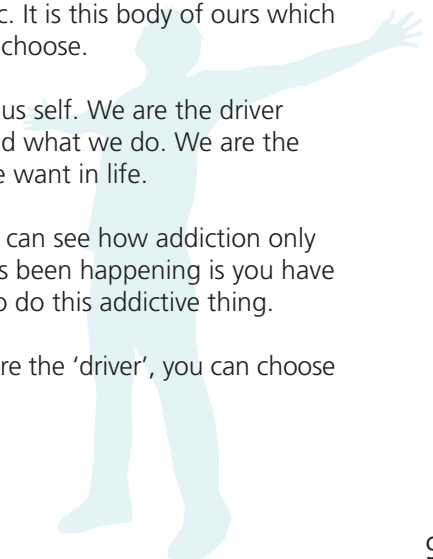
Our mind is the most sophisticated, intelligent and powerful machine on this earth. It is the control centre to all our emotions and feelings which guide us through life.

Our body is the physical safety mechanism which is keeping us alive. We have our heart, lungs, liver, digestive system etc. It is this body of ours which allows us to go anywhere and do anything we choose.

Then, of course, there is us – our soul / conscious self. We are the driver of the vehicle and it's up to us where we go and what we do. We are the decision makers and ultimately decide what we want in life.

Now that you understand this separation - you can see how addiction only controls the mind and the body and all that has been happening is you have been answering to your mind and body's call to do this addictive thing.

But now you understand how you consciously are the 'driver', you can choose to fix yourself and take a different route.



Day 3: Building the Case for Change

This is where we really start getting into the crux of addiction / the bottom line; and concentrating on WHY YOU WANT TO STOP.

I will ask you to look deep inside of you and draw out all the negative reasons why you want to change your life and STOP whatever addiction is causing you the most problems and pain.

In truth, unless you build enough of a case, your subconscious mind won't allow you to stop.

Be prepared for sacrifice and change

What sacrifices are you are prepared to make to achieve your goal? You need to think about it; as with any decision that you make, something will always change.

For example, just say that I wanted to change my job. Possible sacrifices that I may have to make would be not seeing colleagues regularly that have now become good friends, working in a different area, the hours that I worked for or the salary that I received. However, in order to make the change in my job or career, I will need to accept these changes and move out of my comfort zone. But following all this change and the discomfort it brings - would come HAPPINESS.

Thinking more about this scenario, the reason I am changing my job is because I want to change my life. I want to experience something new. I want to improve my life and by making this decision to change I know I will find more HAPPINESS.

HAPPINESS should be your one goal in life. You were not put on this earth to be miserable or unhappy or suffer so much pain and anguish (not on a daily basis anyway!). You were meant to be FREE and HAPPY. I accept that there are always going to be good times and bad, but overall you should feel HAPPY and CONTENT with your life.

Understand your prison

Addiction is like a prison, a prison in the mind that you have no control over. This prison is guiding you, controlling you, telling you what to do and punishing you when you don't do what it wants. This is how your life is being

run. A prisoner in your own mind powerless to do anything about it because when you do try and change, your mind and body resist until you cave in.

This is what you are up against. You are fighting with yourself by allowing your mind and body to take control and you are powerless to stop it. This is why you need to pull together as many reasons as you can to make a change. Not only do you need to look inside yourself, but you also need to look at the outside world. You need to look at your life now and how you came to be in this prison in the first place. Your story will help you escape but most importantly, it will PREVENT YOU RETURNING TO YOUR PRISON.

Find the reasons why you want to stop and hang on to them. Your reasons will pull you through addiction right out the other side. You need to teach your subconscious mind what has happened to you, and why you need to change and keep repeating it until your mind accepts it.

The next step in this process is to take a good look at yourself:

- Are you happy?
- What do you want for your future?
- What do you want to change?

Really envisage exactly what you want to stop, why you want to stop and where you want to be in the future.



Do this exercise

Get a sheet of paper and write down as many reasons as you can as to why you want to stop and what you are willing to sacrifice or change to get what you want. This is known as your story, and doing this will send a message to your subconscious mind that a change is on its way.

Come back to your list and read it through as many times as you need to. Then once you have made a decision to stop - sign and date the list.
This is now your contract with yourself.

Day 4: Presenting the Case to your Subconscious Mind

Using the list you made of all the reasons you want to stop – it's now time TIME TO READ THOSE REASONS OUT to yourself. As you read them BE AWARE of what your mind comes back with because as you read, your mind will react to what it is being told.

For example, if I was trying to stop smoking and I said to my subconscious mind "I really want to stop smoking because of my health", your subconscious mind might come back with a thought "You haven't been ill yet" or "Why don't you wait until after your holiday". Your mind will come up with so many stories to try and convince you NOT TO STOP!

Why? **Your subconscious mind does not want you to stop.** I will explain further using smoking as an example. Smoking is relieving an aggravation. It is relieving that empty, anxious feeling you get when your body is craving the nicotine.

Our mind and body are not made to suffer in this way. Our mind and body only want us to feel happy and content but all our mind knows is how to get rid of this aggravation and that is by smoking a cigarette.

Your mind has been tricked and will keep sending you messages to carry on smoking when all the time it is the cigarette (nicotine) that is causing the empty feeling inside. This is how I got caught and you got caught in an endless cycle of craving a drug, nicotine, alcohol or whatever it might be that you want to stop.

It does not matter what the drug is, the mechanics and the cycle of addiction are all exactly the same. Even if it is not a physical drug but a mental addiction like gambling or sex or something else you get a high from. The process to stop is exactly the same.

You still have to present a case to your subconscious mind because your mind has connected that activity to 'pleasure'. The only way you can stop your mind seeing it as pleasurable is by retraining it.

Retrain your brain

Using SELF TALK you are retraining your mind and teaching it something different and this of course is what you are doing here by reading out all of the reasons you want to stop doing what you are doing. You are simply presenting a case to your subconscious mind in order to change your thought process. You are teaching your mind and body that there is no pleasure in what you are doing and that it is having a massive and negative impact on your life.

Again, this is where your story comes in. Your story is unique to you and only you can present your case to your subconscious mind.

Ask don't tell

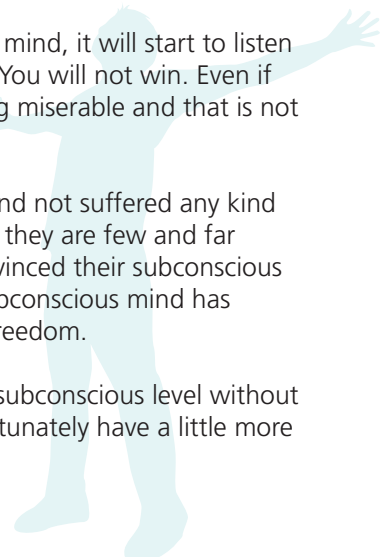
The important part to remember is that you must 'ask' your subconscious mind, but never tell it what to do. The reason for this is that your subconscious mind is so powerful and is in charge of your safety mechanisms. Then you've come along asking it to make a change and talking directly to an area that you are not supposed to be in touch with (like entering a restricted zone).

I don't think we were ever supposed to come face to face with our subconscious mind, but society and man producing all of these addictive products have left us with no choice but to connect with this power source and present a case to it.

As you open up dialogue with your subconscious mind, it will start to listen and change will begin. Please don't fight with it. You will not win. Even if you do succeed in stopping you will be left feeling miserable and that is not the aim.

We have all heard of people who have stopped and not suffered any kind of ill or withdrawal. These are the lucky ones and they are few and far between. All that has happened is they have convinced their subconscious mind the decision they made is right and their subconscious mind has accepted the argument and allowed them their freedom.

Of course, this was all done on an unconscious / subconscious level without that person even knowing it. The rest of us unfortunately have a little more work to do!



Day 5: Making the Decision and Self-talk

Well done for getting this far - you have both the courage and the confidence to face your fears and say NO I WANT CHANGE and a BETTER LIFE and in doing so you can achieve your dreams of change for a HAPPIER, HEALTHIER and more REWARDING life.

Make the decision and tell your subconscious mind

For example, if you were trying to stop smoking, you would make a conscious decision to stop, which you would then relay to your subconscious mind by telling yourself 'From this moment on, I will never smoke another cigarette for the rest of my life'.

Obviously you need to apply this to whatever addiction you are stopping to make it personal to you.

By making this conscious decision to stop, your mind has to listen. It is even worth writing your decision down (go back to the sheet where you started writing your reasons for change from p.11 and add the 'From this moment on' statement to the contract you're making with yourself). this is a very powerful tool to convince your subconscious mind that you are making the right decision.

Be certain

You must be 100% certain you are making the right decision because as you go on, the subconscious mind will want to change your decision. It will want you to make a different choice but this is the time when you learn and use self-talk.

Self-talk

This is simply talking back to your subconscious mind and saying:

'Thank you for those thoughts, feelings and emotions but I am sticking with my decision and I no longer want to do this again'.

By doing this exercise, your subconscious mind will listen to what you are saying and those feelings you're having will subside.

BE WARNED they will come back but again we just repeat this process.

REMEMBER all your thoughts, feelings and emotions come from your subconscious mind. This is how it communicates with us. This is how it guides us and through addiction controls us!

Of course, your subconscious mind can't physically make you do something, it can only make you feel uncomfortable or give you anxiety or fear trying to push you into doing the thing you don't want to.

This is the time you need to refer to your list of reasons - your story to support your decision and reinforce the message to your mind.

Accept the thoughts, feelings and emotions that come through and then make another choice.

Now this may be harder than you think, but trust me its not impossible, in truth you have been doing this your whole life for different things but you just didn't realise it.

It doesn't matter where you have been or what you have done, it is all irrelevant because the route to escape is the same for all of us, no matter who you are.

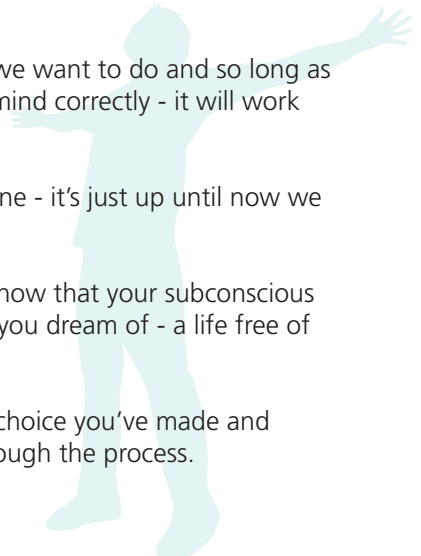
As I said at the beginning of this process, we all come in different shapes and sizes and different colours but we are all the same. We all have eyes to see, a nose to smell, a mouth to taste, ears to hear etc AND WE ALL HAVE A SUBCONSCIOUS MIND. Without it we could not survive on this planet. It controls everything we do.

But now we can consciously decide what it is we want to do and so long as we know how to approach our subconscious mind correctly - it will work with us to achieve it.

Our subconscious mind is a magnificent machine - it's just up until now we didn't know how to use it.

Be confident of your decision to change and know that your subconscious mind will come with you and give you the life you dream of - a life free of whatever addiction you want to get rid of.

The trick now is to be happy! Happy with the choice you've made and happy with your mind and body as you go through the process.



Day 6: The Withdrawal Period

It's an amazing achievement to get this far, so you should give yourself some credit. The good news is the worst part is over (or should I say the hardest part). Just making the decision to stop whatever it was you wanted to stop was the hardest part of this whole process.

Everything else from here on in is just your mind and body returning to its natural state of being, which of course is HAPPINESS.

Your mind and body are so sophisticated and intelligent; they know how to get rid of the poisons from your body and start the healing process immediately. YES, that's correct, your mind and body are constantly regenerating your blood, organs, muscles, brain and so on. Your body is constantly repairing itself, it's just where you have been poisoning yourself for so long, your body is unable to keep up and the result is a decline in your health. The water inside us becomes polluted and toxic and when you live in an environment like this, it is obviously not good for you. Whether it is alcohol, nicotine, sugar or even vaping - filling your whole body with this poison is definitely unhealthy.

Do you see what kind of environment you are allowing yourself to live in? Your inner sanctuary needs fresh air, not tons of smoke! There is no way you can continue to live in this kind of environment, at some point your body is going to say enough is enough and become ill. Common sense should tell you that but of course nicotine addiction (or any other addiction) won't allow you to think like this.

Your subconscious mind will only give you thoughts and feelings encouraging you to take whatever drug you are taking, not the other way around and because up till now, you didn't know the difference between 'yourself' and your subconscious mind. You were just listening and acting on your thoughts, feelings and emotions and were driven to take whatever drug you are addicted to.

In truth, all drugs are a poison. All drugs are toxic and because of this, your mind and body will not work properly, not in the way they are supposed to. In general, this is why we have so much cancer, heart disease, obesity, depression, anxiety, diabetes etc. This is also why so many people commit suicide. People just lose their way in life and don't understand what is happening to them. Their subconscious mind has been controlling them and they knew nothing about it. They thought all of their fears, worries

and anxieties were coming from them. People see no way out and that is when they give up and take their own lives or their body gives up and they contract a disease.

If only people knew the truth about the subconscious mind! If only people knew there was another choice, that they can instruct the subconscious mind to take a different route and make a change in their life.

Life would be so much better. However, our subconscious mind is so powerful that no-one is allowed to even think like this. And if they try, then the subconscious mind punishes them with anxieties, fears, depression, anger, frustration etc. It throws everything at them until they cave in and start the addiction cycle again. And then of course they are stuck being totally reliant on that drug to feel normal again.

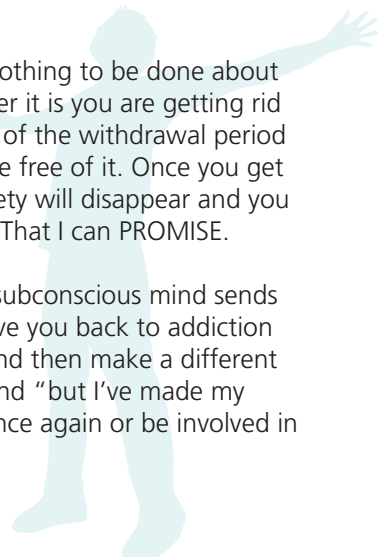
I can't tell you how good it is to be free of this. FREE OF ADDICTION. Free from mental torment. To have the life our maker meant for us is an unbelievable feeling.

IT IS TIME to make a change. IT IS TIME to take back your life and take back control of your mind, body and soul. IT IS TIME to choose what you really want. MAKE YOUR DECISION TO STOP.

During the next 7 – 10 days you are going through withdrawal. This can be physical withdrawal or a mental withdrawal or both. Whatever it is, there are **SIX rules that you need to follow** and these rules will help you get through it and out the other side.

1. You are going to feel anxious and there is nothing to be done about this as this is your mind and body craving whatever it is you are getting rid of. You are going to feel like this for the duration of the withdrawal period but of course, at the end of it, you are going to be free of it. Once you get to the 8th, 9th or maybe 10th day, all of the anxiety will disappear and you will be left with a feeling of JOY and HAPPINESS. That I can PROMISE.

2. You will need to start self talk. When your subconscious mind sends you thoughts, feelings and emotions trying to drive you back to addiction - simply allow these emotions to come through and then make a different choice. Say "thank you" to your subconscious mind "but I've made my decision and I am never going to take this substance again or be involved in this activity again".



Then it is important to reinforce your decision by reading to your subconscious mind some of the reasons why you have made your choice. This could be about your health, your family, your home, your job, whatever it is for you, whatever your story is. After around day eight or nine, you won't have to do this anymore because your subconscious mind will have listened and come round to your way of thinking. This is when you know you are TRULY FREE.

3. Stick to a three meals a day plan. This is vital because when you feel anxious, the tendency will be to eat more to get rid of the empty, insecure feelings going on inside you. This is only going to make you feel miserable because food will not get rid of these feelings. Nothing will. You just have to accept that you are going to feel like this but as the days go on they will slowly subside and you will feel normal again.

4. Don't make any life changing decisions. As you go through this process, your mind will start to play tricks on you. It will try and encourage you to do something which might cause a trauma in your life. This then leads to anger and anger leads to a more intense feeling of anxiety which is what you relieved when you took an addictive drug. DON'T BE FOOLED INTO ANY ACTION. Understand it is just the mind trying to fill this void. It does not understand that in a few days time the void will be gone and a natural state of happiness will return.

This is why we self talk and encourage our subconscious mind to believe that everything is fine and what we are doing is the right thing. We just have to keep up the encouragement. Keep explaining the reason why and we will come out the other side.

I know this sounds a lot but trust me, as you go along you will be fine. You will realise it is actually YOU who is in charge, not the subconscious mind and all you're doing is coaching the subconscious mind through the trauma and out the other side.

5. Keep conversations to a minimum. You are going to be a bit on the quiet side for a few days so if anyone asks, just say you are not feeling too good but you are sure you'll feel better in a few days.

Keep yourself to yourself and allow this quiet time to give you peace and a bit of space – you deserve it; as you are working to change your life for the better. Don't worry about family, friends and colleagues – you can pick-up with them once you have completed the withdrawal.

6. Stay consciously aware as much as you can. The more aware of your thoughts, feelings and emotions you are, the less likely you will come under attack. Most of our lives are spent on an unconscious level because most of the time we are just experiencing life. It is only when we make decisions we become consciously aware again.

Throughout the withdrawal stage - you will be under the influence of your subconscious mind. But as you progress through withdrawal – this influence begins to weaken and your conscious self will take the lead.

Day 7: Freedom and a New Life

Congratulations you have just entered an elite group of individuals who live on this earth ADDICTION FREE.

Of course I understand you may have other addictions in your life but by getting rid of just one you are now experiencing life addiction free for the first time in many years.

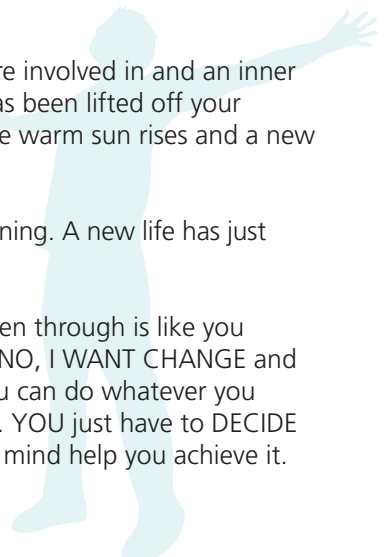
How freedom feels

You will start to have emotions and feelings on a level not experienced in a long time and as you finish the withdrawal period and you start peaking on these emotions, nothing will ever bring you down. You will experience these feelings for the rest of your life but more important than that, your mind will be free.

No longer will it crave the drug or activity you were involved in and an inner peace will come over you like a massive weight has been lifted off your shoulders. It is like walking along a road just as the warm sun rises and a new day begins and for you a new life has just started.

It sounds dramatic I know but this is what is happening. A new life has just begun and YOU ARE IN CHARGE OF IT.

When you think about it, the trauma you have been through is like you have gone face to face with your maker and said NO, I WANT CHANGE and of course, you have WON and from here on in you can do whatever you choose. We can all have whatever we want in life. YOU just have to DECIDE what that WANT is and then let the subconscious mind help you achieve it.



This is exactly what you have done here. You have made a decision to stop and allowed the mind and the body to repair themselves and return to your natural state which is HAPPINESS.

From this moment on, this is where you will stay, unless of course, you ever take that drug again and this is a VERY BIG WARNING. Again, I will use nicotine as an example, but this applies to any other drug or activity you have stopped. If you were to take nicotine again (and it does not matter how much time has lapsed) you will go straight back to where you were before, as if you have never stopped! All the brainwashing will return, the anxiety, the stress, the constant want and need for the drug would all be there and of course the only thing that will relieve the symptoms is the nicotine itself.

You will then be right back where you started and your only friend is the nicotine. Try to keep this in mind as you go along. Just one puff of a cigarette, or one small drink, or one small bar of chocolate is all takes to send you right back.

There are situations in life that can't be avoided or in fact don't need to be avoided. For example, you are still taking in nicotine by standing next to someone else smoking or if you have red wine in a sauce that you are having for supper or you go into hospital and are administered an addictive drug for pain relief. None of these constitute a conscious decision to take the drug for a personal high and therefore none of these situations will register with your subconscious mind.

It is only if you physically take something with some sort of pleasure in mind that the gateway is opened and all the brainwashing comes back and you are back in the addiction cycle again.

TRUST ME when I say, if this happens to you, it is always so much harder to escape the second, third or fourth time around.

MY ADVICE is once you are out of the addiction cycle, STAY OUT and then you won't have to go through this process again and again.

Dealing with other people

Now that you have your freedom, just be aware that other people around you will not. Some may congratulate you and feel proud of what you've achieved. However, others may feel threatened by you because they see you are happy and they are not able to understand it around their own beliefs held in their subconscious minds. The thing that they get pleasure from is now under threat because you no longer need it and are completely happy without it.

This is why people try and tempt you back. Peer pressure starts to play a part and even advertising will start to draw you back into addiction.

All you have to do is smile and say *"Thank you but I no longer do it."* And this will have a massive effect on their lives when they see you happy and wonder how you're doing it. Of course you will know the answer. You will know the truth about the subconscious mind.

You now have back control of your life - ENJOY IT

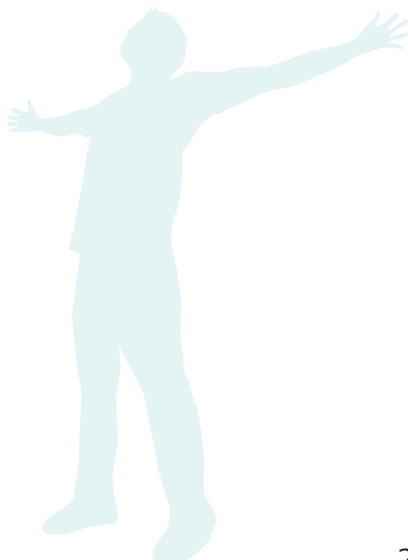
Enjoy these times, enjoy the freedom, enjoy the emotions and feelings you get inside. Life is about being happy and you have just guaranteed that for yourself. Life is about expressing ourselves not suppressing ourselves with the drugs that we take.

Wishing you all the best for the future.



Chris Hill

CEO & Founder
The Rob Hill Foundation
Charity No. 1181220



Beat Addiction Programme Learning Options

Free learning options are funded by **The Rob Hill Foundation** charity in order to make addiction recovery and mental health support accessible to all.

Paid services are carried out through **The Law of Addiction Ltd**. Find out more at **www.beatmyaddictions.com**. A percentage of all profits from paid services and sales of Chris Hill's book through the workshops support the charity. The Rob Hill Foundation also welcomes donations to keep this valuable service free to all users who need it.

Free addiction and mental health workshops and support groups. Find your nearest at **www.robhillfoundation.org**.

Free 7-Day Beat Addiction Plan to download and use immediately.

Read Chris's book: *Get Your Life Back: The Road to Freedom from Addiction*

Sign up to the online course: The full beat addiction programme is available in a series of simple, short videos, accessible through any device and yours for life to use again and again to make different life-changes and share with family and friends to gain their support and understanding.

One-to-one mentoring: This is available through Chris Hill and his trainers. A support package is worked out according to your needs and budget to see you through the programme and out the other side.

Retreats & Rehabs: 3-Day, 5-Day and 7-Day retreats are available at different locations. These are residential programmes, which include accommodation, all meals, activities, yoga / fitness, specific therapies in addition to learning Chris Hill's entire Beat My Addiction Programme in a small group, with the opportunity to engage with Chris and / or one of his trainers. These are usually offered with a mentoring support package to ensure a smooth transition back to your normal life, work, friends and family.



Join one of the free support groups on facebook:

- **Beat My Addictions with Chris Hill**
(covers: *smoking, drinking, drugs and more*)
- **Beat My Addictions to Food with Chris Hill**
(covers: *sugar addiction, relationship with food, eating disorders*)

Follow: **Chris Hill – Beat My Addictions** where Chris does live broadcasts and Q&A sessions. Trainers also offer free online support through webinars from time to time.

Support our charity through following:
The Rob Hill Foundation facebook page.

We can help you overcome:

- Smoking
- Alcohol
- Drugs (inc. medication)
- Refined sugar
- Gambling
- Over-spending
- Any other addictive substance or activity

We can also help you with:

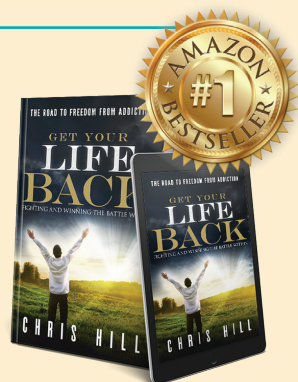
- Anxiety / stress / depression
- Past trauma
- Obsessive compulsive behaviour
- Phobias
- Eating disorders
- Insomnia
- Addiction to unhealthy relationships
- Anger / self-harm / self-sabotage
- Any other activity that has become habitual

Get Your Life Back

The Road to Freedom from Addiction

In my book, you'll read about my life and the personal struggle I had with addiction and how I overcame it. I talk about my brother Rob and the tragedy that led me to make it my life's mission to help others escape addiction. This is also a self-help book that people all around the world have successfully used to tackle their addictions.

If you read it, I hope you enjoy it - all feedback welcomed.





Just read and follow this plan - it won't take you long. Use it to get your life back. It's worked for so many people, and I am here to help you.

Chris Hill

Removing Barriers to Addiction & Mental Health Support

The Rob Hill Foundation was set up to help people beat addiction to both substances and activities; as well as empowering them to deal effectively with anxiety, stress and depression. This extends to dealing with trauma, any fear-based conditions, OCD and many other life-affecting mental health conditions.

The charity is dedicated to the memory of Rob Hill (twin brother to Chris Hill) who lost his life to an accidental drug overdose in 2014.

 **0800 644 6313**

 **chris@beatmyaddictions.com**

 **team@robhillfoundation.org**

 **www.robhillfoundation.org**