How to

Cure Chronic Marijuana Addiction

with

One Simple Technique



Introduction

3 Steps to the life of your dreams (eventually, but sooner than you think)

Have you ever seen a toddler get so angry at their parent that they believe that they can knock down their parent in one punch?

Have you seen someone invest $50k in the stock market even though they have no experience only to lose everything?

What about the boy who plans this giant romantic gesture to win over the girl of his dreams only to find that she has no interest in him?

There is a common attitude to results today that keeps people from achieving their dreams. When you or your client wants to cure yourself or themselves of marijuana addiction, you'll never get there if you're addicted to results.

So what does it mean to be addicted to results?

Well, it's attachment. Attachment causes you to aim lower in life and to be less OK with what you have already. Attachment is addiction.

It doesn't matter if you want to become a millionaire, or accept poverty.

It doesn't matter if you want to get the body of your dreams or to just accept and love the body that you have.

It doesn't matter if you want to find your ultimate soul mate or just to accept being alone or being with the people who you have around you.

Whether you aim High or Low in life, the technique is the same.

You need to do these 3 steps.

1. **Follow Steps**
2. **Don't react**
3. **Don't overcomplicate**

So how do these 3 steps cure marijuana addiction and how does caring too much get in the way?

Well, people who care too much can't do these 3 steps.

As I'll outline in this eBook, I'll give you the exact steps to cure marijuana addiction, but none of it means anything if you or your client are result addicts.

For example.

A client came to me to cure themselves of their marijuana addiction. I used my marijuana S.Y.S.T.E.M. that we'll talk about later in the eBook. Everything went perfectly well in the session. They were blown away by the information, structure and the jokes and stories that I told them to illustrate my structure.

When I tell a joke in my session, it's usually one that I've told to 3,000 other clients before, so I know when to pause and how my client will react.

It was a perfect session. She even agreed to just follow the steps and not to react to anything that happens during the week. I told her that almost everybody is cured by the first session, which is true. I also told her not to worry if something happens during the week.

We had a great laugh together about how some people react to every little thing that happens in their life and they panic if the wind blows the wrong way.

Later the next morning, I got this email from her.

“Hey Scott. This just isn’t working for me. I didn’t know what to expect when I saw you and I know that you’ve already helped out my mum and friends I thought you could help me

I was fine after the session but this morning anxiety and panic came up and I took the day off to smoke. I heard that some people can’t be hypnotised and when I heard that truck during our session I knew something was wrong. Can you help me or should I just get a refund?

(Name withheld)”

There’s a reason that we leave it a week between sessions. We need to know how our client will react throughout a normal seven day period. Almost every client will be just fine even after just one session; however, some people have more trouble and need further help. But there’s nothing that you can do for your client via an email.

I simply replied by reminding her of when her appointment time was and said that I’d help her out during the session.

People are human and humans tend to expect everything to go perfectly all of the time. When things don’t go perfectly, they don’t follow the steps anymore. The brain connects the steps with a negative outcome and they start to look for some other technique instead of staying the path.

1. **Follow Steps**

In this guide, I’ll give you the exact plan to cure you or your client from marijuana addiction. These steps can and will work for everybody. The speed in which they work is almost always within one session of hypnotherapy.

However, results can and will vary. No matter what happens, you have to follow the steps.

2. **Don't React**

You or your client may ask a question that hasn't come up before. You or your client may experience a result that isn't in line with what we talk about in this eBook. You may very well be the exception. Your life might be uniquely different to everybody else's, however I doubt it. **Don't Be a Results Addict**. No matter what happens, stay calm and keep following the steps. There are correctional steps to take if you or your client fall off course, but they only work if you're actually following the steps.

3. **Don't Overcomplicate**

Everything has been figured out long before you were born. Yes it's true that psychology and technology will always improve, but the basics stay the same. Money, health, relationships, happiness, time management, personal boundaries and life purpose have been written about, thought about, figured out and taught all over the world since we started thinking about these problems. If you want to get a result, then stop thinking about yourself as special. Yes you're special, meaning that you're important. But you're not special, meaning so uniquely different from everyone else that your problems haven't been solved before a zillion times before by other people.

So, why do people become addicted to marijuana?

One Technique to Cure Marijuana Addiction

Do Nothing!

You are being emotionally manipulated. It started when you were born and it will continue until you die.

You are manipulated by emotions to cause you to eat. You don't think hungry, you feel hungry. You are manipulated by chemicals in the brain to make you fall in love, to expect a phone call from that special person, to get that raise or holiday that you've had your heart set on. And when things don't work out, you're not only manipulated to feel pain. You are also being manipulated to try to escape that pain as quickly and as intelligently as possible.

Often what looks like the quickest and most intelligent path to a solution isn't the most intelligent path at all. Most of what you will be feeling is actually just the pressure to get more pleasure, safety, resources, love, food, fun etc... and to remove heartbreak, loss, rejection, hunger, missing out, tediousness, loneliness, etc...

These emotions cause you to skip steps and to chase losses.

Just admit it, sometimes life sucks. It's even hard to admit because your brain is so invested in this fantasy of what tomorrow will bring or what next year will be like, that you don't actually have any choice in how you see the future.

You are optimistic much of the time and a wreck when you're exhausted and out of resources. It's a cycle that you can't actually escape. The more that you want it to end, the worse it gets.

The only technique to get over this cycle is to take time out to grieve the fact that your life isn't actually under your control.

This doesn't mean that you shouldn't dream. In fact, this grief has many positive benefits. Grieving the loss or lack of control lets you see reality more clearly, clear your mind to plan a better future and to follow the steps more diligently.

In fact, accepting lack of control gives you control.

Think about the mind of a marijuana addict.

They want one of two things.

1. They want to get clean so that they can receive the benefits of getting clean. They want their health, money, relationships and happiness to be equal or better than a non addict. This is instant gratification.
2. They want the pain to go away or the high to come, so they smoke marijuana for instant gratification.

Quitting marijuana actually isn't the solution at all. The real solution is to quit instant gratification. This doesn't mean that you or your client shouldn't be instantly grateful for what you have. It means that you or your client shouldn't chase instant state changes.

As I've taught in my live events since 2011, the subconscious mind doesn't register negations. So words like, 'quit', 'don't', 'not', 'stop' or 'free of' don't actually create any pictures, sounds or feelings in the subconscious mind.

If you try to 'not' imagine chocolate, then you start building pictures, sounds or feelings of chocolate in your mind. If your client tries to 'not' smoke marijuana, then they end up building and reinforcing stronger marijuana pathways in the brain.

This technique of quitting instant gratification is the same way that I managed to Out Market all of my competition, lost 15 kilos without trying, quit smoking effortlessly, quit alcohol, heal from a break up, travel overseas multiple times per year, cure over 3,000 clients of addiction, build Australia's Number 1 Hypnotherapy Business Development Program, become a lecturer at the

Academy of Hypnotic Science, get countless public speaking gigs, spend 3 days on the Hamish and Andy Show for free in my first year of business, get dozens of video testimonials from students from each event that I run, find love, etc...

I could go on, but the point is that you need to follow these 4 steps.

1. Stop trying to get results
2. Get clear on what you really want
3. Ask for guidance on how to get there
4. Do the steps and never deviate

When you are **desperate for an outcome**, your mind actually pushes the outcome further away.

When you **neglect to visualise** yourself receiving the outcome, your mind also pushes the outcome further away.

When you **procrastinate**, your mind pushes the outcome further away.

When you **don't ask for help**, your mind pushes the outcome further away.

If you or your clients are making any of these four mistakes, then you really need to stop and reassess your entire approach to how you live life.

To get ahead in life, you can't be constantly addicted to fast results, changing strategy, focused on avoiding pain, being unclear on where you're headed or doing it all alone. It just doesn't work.

So just Relax, be human, accept your losses and be OK with that. You'll get there much faster if you do.

Confidence, Framework, Stories and Questions

In live seminars and workshops, I always love to teach these four rules first.

People come to these events for the networking, the new techniques, to reinvigorate their enthusiasm, to get guidance on where to go next, etc... And because of that, it's always fun to start off with the story of the four gates to a perfect session.

Confidence

Nobody wants to come and see a sad, scared therapist who isn't even sure if this therapy is going to work. Clients will test you, look you in the eye, watch your body language and chin height, listen for lack of flow or rapid, nervous speech patterns, all without knowing that they're doing it.

You can get through most problems with confidence, saying 'yes this works' and keeping your chin above 90 degrees. The rest will just flow.

Framework

People love maps, certainty and discovery. When you know the S.Y.S.T.E.M. and pillars approach that we bring to all of our therapy and business programs, you'll instantly see the value. Your client wants to know what's up before they begin. They don't want you to put them in the chair, tell them to close their eyes and to open up their wallets before they've had a chance to get to know you. So how are you going to run your sessions and program?

Stories

Stories are still the best tool to transfer information from person to person. They're also how your client relates to you and understands that you're authentic. If you've got life stories and have helped other people to cure addiction, stories really help to illustrate your pillars.

Here's an example story to describe the importance of patience and following the plan properly.

When my wife was sick and out pile of washing was getting out of control, I volunteered to take over that job. But because I was so smart and efficient, I could fill the entire washing machine with as much as what would fit, plus some. I filled that washing machine to the point where it kept clicking at me because the door mechanism was being damaged.

Because it was so full, nothing managed to spin dry properly, so everything came out dripping wet. Also, because it was winter, I had to hang the clothes out on our two little indoor clothes horses. Again, to be extra efficient, instead of hanging one item of clothing on every second rung, I hung six items on each rung until the legs of the clothes horse were bowing.

A month later, still nothing had really dried even next to the heater. Eventually I discovered that with my male ego mind, I needed to trick myself into thinking that whatever technique that I was using was absolute genius. So I invented what I called the 'Empty Line Technique' to use the super drying powers of air to dry our clothes more quickly.

OK, so I really hadn't invented anything. But I did eventually learn patience and the importance of following the plan properly.

Questions

You're going to want to test your client to see if they understand and agree with the points and stories that you're telling them. There's no point putting them into the hypnotherapy chair yet if they don't understand or agree with the strategy so far.

S.Y.S.T.E.M.

We have other eBooks and courses on S.Y.S.T.E.M. so I'll keep this short.

Join our free training group for more information

https://www.facebook.com/groups/1568665603195297/?ref=group_header

S.Y.S.T.E.M. stands for the six steps that you need to perform in your hypnotherapy session to make the session successful.

The letters stand for;

Socialise – This is the first five minutes at the beginning of your session where you gain rapport

Yearn – These are your counselling steps where you confirm and get clarity on exactly what they want out of your program.

Strategy – You explain the pillars of your program and give stories and ask questions to make sure that you and your client are on the same page.

T.R.A.N.C.E. – It's time to hypnotise and to put your client under.

Explore – The actual therapy is done here.

Mobilise – The wake up, schedule next appointment and payment.

For the full course on 'How to Cure Addiction using Hypnotherapy' for free, follow this link and get instant access

https://scott-lawrence.mykajabi.com/offers/rd3FXGZ8/checkout

Pillars

When a client has a problem such as weight gain, smoking, gambling, depression, anxiety, addiction, etc... and they want your help to fix it, they can purchase a program from you to help to fix that problem.

Each program that you deliver needs to use between three to five pillars to fix.

The pillars that we use to help people to quit smoking cigarettes are called Nicotine Addiction, Habit and Emotional Battle.

For weight loss, our pillars are Diet, Self Talk, Anchoring and Hydration.

Visit this link to see a full list of problems and pillars.

https://phillipa4614b.clickfunnels.com/optinsv89l34x

The pillars of curing marijuana are;

1. Chemical Addiction
2. Habit
3. Emotional Battle and
4. Consistency

Chemical Addiction

This is the part that affects people the least. After three days the nicotine has left the body and the effects of the THC wear off quickly. Yes the chemical effect can cause addiction, but habit, emotional battle and consistency are far more important than the chemical addiction

Habit

Our brain cells and neural connections are competing against each other for space and speed. The brain is limited in size and needs to use techniques to enhance speed. The intimate tactic that the brain uses to create this speed is that it forms habits around commonly used pathways.

The key here is to encourage your client to form new life habits and to understand that it's going to take about a month for the client to have experienced most of their normal life habits that occur regularly.

Emotional Battle

People move towards pleasure and away from pain. It's really that simple. Emotional battle is different from habit because unlike a habit that you can just reprogram, an emotional battle must actually be solved.

Emotional desires that come up can be things like;

- A messy break up
- Hunger
- A bully at work
- A celebration with a friend
- Boredom
- Money stress

These life problems actually need to be addressed. See the section on **Achievement**, **Breathing Space**, **Connection** and **Discovery** on how to actually address these problems.

Consistency

Therapists and family often blame poor behaviour with poor intelligence. People who smoke marijuana are often highly intelligent. They're just incredibly inconsistent with their beliefs and actions.

Your number one job with these clients is to manage consistency.

T.R.A.N.C.E.

We've created an acronym to help you with the hypnosis process

T.R.A.N.C.E. stands for

Talk – This is the pre-talk instructions that you give to your client before you actually begin to hypnotise. This is important because phones need to be turned off, the process needs to be explained and you need to make sure that your client is comfortable or has any remaining questions or concerns.

Relaxation – Once your client is seated comfortably with their eyes closed, it's time to describe each body part relaxing slowly from head to toe.

Atmosphere – Guided imagery allows your client to go on a journey with with you in the mind that you can utilise later for an environment for them to heal.

Narcosis – We often use a stair case of 10 beautiful stairs to encourage the client to fall into an hypnotic trance.

Change – The pillars that we discussed earlier are used here as sensory metaphors to get the client to change their habits and to solve their emotions.

Exit – The wake up process is gentle and filled with positive suggestions.

Consistency

Marijuana clients are incredibly inconsistent. It pays to have a good memory so that you can remember the contradictions that your client will use.

For example,

A client that came to me to cure marijuana addiction told me that they need to quit smoking it because caused them too much anxiety and stopped them from sleeping. Then they told me that they can't quit smoking it because they need it to help them to get to sleep.

When I reminded them of what they said, they started to understand their real issue. They just wanted to know how to get to sleep and the marijuana was getting in the way of their strategy.

Another client simultaneously was worried that marijuana was destroying and improving their social life. Once they realised that what they needed to do was to have a plan for their social life, they quit smoking marijuana.

Another client wanted to quit smoking it because they found marijuana boring but was worried that they'd have nothing to do when they're bored if they weren't getting stoned.

Another client says, I haven't smoked anything today. But I did smoke 2 this morning.

Always listen for the contradictions and expose them back to your client.

Marijuana smokers are highly intelligent. They will understand you. It's their emotions that they're having trouble dealing with, not their intelligence.

They're emotionally moving from one state to the other.

Your job is to remind them of both states at the same time.

F.A.I.L.

The F.A.I.L. acronym is how we explain the four problems that your client can exhibit during a session.

For a full explanation video, watch the free

training series at Advanced Course Academy

http://advancedcourseacademy.com/

F.A.I.L. stands for;

Familiar – This is the 'Yeah Butter' client. They already believe that they know everything so they don't believe that there is any reason to listen to what you have to say. This client feels that you're not listening to them and need to feel 'heard' before they're ready to listen.

Aimless – Aimless is the state that your client can be in when they just don't know what to do. It's actually good news for you because they're in a receptive state to listen to your pillars and strategy.

Inert – Sometimes clients don't put out much energy. When something bad happened in your clients life, life a break up, a financial loss, loss of employment, a death in their family or friends group, health issues, etc... a client can often fail to communicate with you. You can ask them questions and they'll offer you lack lustre answers or sometimes not answer questions at all. It's important to get this client moving by any means. Even if all that you can do is to get them to change chairs or to fill out a questionnaire, if you can get them to move physically, then you can start to get them to move psychologically.

Leave – Leaving is when a client gives up and refuses contact with you. It's best to start a 30 day no contact period before you invite them to try again.

The Law of Opposites

When you push, they pull.

When you pull, they push.

It's as simple as that.

If you simple argue or tell somebody to stop smoking marijuana, then you're likely to strengthen the addiction instead of curing it.

There are two rules that the brain must follow.

1. **Negations are ignored and**
2. **Effort creates resistance**

Negations are ignored

If you try to NOT think of the number 3, then you end up thinking more about it. Instead, the brain focuses on the Sensory. The pictures, sounds, feelings, tastes and smells are all that are obeyed and followed.

So when you try not to think about smoking marijuana, you end up thinking more about marijuana. When you find out what the mind really wants and needs, then you can fulfil those needs with a healthier option.

Effort creates resistance

To be patient requires you to know what you want and to wait for the opportunity to find you. To be desperate is to try to control what isn't yours to control in the first place.

If you try to empty the mind, it fills. If you try to fill the mind, it empties. If you try to lose weight, you gain it. If you try not to spend money, you spend more of it. If you try to convince someone, they stop trusting you.

You have to get a clear idea on what your client wants instead of smoking marijuana and to help them wait for their opportunities to find them. Then and only then, can you help your clients to take action towards what they actually want.

But first you need to know what your client actually wants.

Often they're smoking to get things done, avoid pain, spend time with others and to break routine.

So the key is to stop hypnotically programming events and to start planning hypnotic processes.

If you haven't already read my other eBook called, 'The 4 Emotional Triggers to Cure Addiction', then read that now.

https://phillipa4614b.clickfunnels.com/optinx4gj9aak

Achievement

People want to get ahead in their money, health, relationships and their fun. If there isn't another option available they people move to unhealthy options.

Planting a clarity and list building mind set is a very relaxed, long term process that clients can follow to achieve their goals.

People get anxious about results instead of accepting the journey of progress

It's better to explain how to endure the values that come from overcoming struggle than to control the decisions of other people.

It's better for you and your client to know what you want than to focus on avoiding on the addiction and triggers that caused the desperate kneejerk behaviour in the first place.

What do you want and what are you willing to do to live that way?

If you haven't seen our eBook on 'The 6 steps to overcome self sabotage', then click on the following link.

https://phillipa4614b.clickfunnels.com/optintbs63wbl

Breathing Space

People have tantrums when they're tired. Before they know it, they've exhausted their cool and show their desperate impatient side. The perspective needed here to cure this type of behaviour is to see the big picture.

Rule 1 of perspective is that 'Not Everything is in Your Control'.

A massive loss is the fastest way to cause a person to relax. When an anxious person stops being anxious, they never completely land in the middle. They're much more likely to get depressed for a while, stop eating and get tired.

Don't push for fast results.

Don't be a results addict.

Be a process expert.

If you haven't seen my eBook on 'Get it Done Vs. Let it Go',

then download this link

https://phillipa4614b.clickfunnels.com/optinqlp3n13d

Connection

We are more of an ecosystem than individuals. We behave together and learn from each other. Connection is a basic human drive that pulls and causes us to attract to one another or to helpful tribes.

A problem here is that our bubble causes us to have a false view on which tribes are good for our lives and our happiness.

There's a reason why the happiest people are also the most popular people. Happy people already are comfortable in their own space and don't need to send a message that they need others to complete them.

That's why networkers and family people have the largest tribes and feel the most connected to others.

When we hit hard times, gathering makes us feel safe. This can be through drugs or health, spending or acquiring assets, anger or gratitude, etc...

If you want to know how to build your own practice and to help others in your own network or business, then download the following video series, 'How to Attract up to 40 hypnotherapy clients per week'

https://phillipa4614b.clickfunnels.com/optin2lrl8n9h

Discovery

Routines get old. Shiny things get dull and discipline unchecked with balance can cause burnout, complacency, superiority, neglect, disconnection and addiction to shiny object syndrome.

We all want a reward or treat once in a while. Often the Discovery need is only the initial relapse stage. Habit causes the addiction to continue.

Discovery is the most important need to fulfil. To fulfil this need and to prevent relapse, two rules need to be put in place.

1. **Have gratitude for what you have**
2. **Plan your fun in advance**

An addict mindset does the opposite of these two rules.

1. **Always want more**
2. **Wait until 'work' is done before they plan their fun or social activities.**

How well have you planned your next holiday, day off, family day, time away for yourself, celebration of a win or day for yourself without the use of unhealthy food, alcohol, cigarettes, drugs, last minute planning or ringing around for availability?

Again if you want to find your own clients to help with therapy, download my free eBook, 'How to achieve Success in Hypnotherapy in 2018.'

https://phillipa4614b.clickfunnels.com/optinh7srrmsf

Relapse

When a relapse or failure happens with your client, don't worry.

Stop and ask them what happened.

Revisit the F.A.I.L. acronym to find out what step they failed on.

All relapses are caused by a desire to move towards pleasure and away from pain. You need to find out which one it was and to ask them what healthy technique they will use next time to solve the pain or pleasure.

For example, if they were at a party, they wanted to connect.

If they were arguing, they wanted breathing space.

If they had anxiety, they wanted achievement and breathing space.

If they were bored, they wanted discovery.

If they wanted to get money, love or health, they wanted achievement.

After you know how to stop them from relapsing, you simply help them off marijuana again just like you did last time before the relapse.

Summary

Addicting is very curable, but you have to follow the steps, don’t react and don’t over complicate the process.

Just stick to the steps and you’ll be fine.

Reach out if you have questions or want to further your training in addiction or to build up your own client base.