How to stop smoking/Binging

**My addiction is to Dopamine and because I train I think I can overly indulge in dopamine releases through sugar high foods. Which is why I stop for a few days and then have a massive relapse. Key is to finish boook to allow brain to catch up with body**

Smoking works backwards just like food Adicton or any addiction, at first you don’t even realise the subtle releases of dopamine from binge eating. Then you start to feel normal after having food / drink and drinks and the in between is when you have this empty feeling for which eating releases you of that and makes you feel normal again. It’s backwards. For this reason t is absolutely essential that you are giving up nothing at all because you didn’t get the satisfaction to start with.  Therefore you do not need it in future.

Binge eating is a habit. It is triggered by

* being tired
* Being dehydrated
* Being strained from exercise
* Being stressed
* Being unmotivated and keen to unwind and relax
* When having drinks and inhibition is lowered which tires us and triggers the above habits.

Smokers on the other hand choose between 4 situations to smoke to feed the nicotine/dopamine monster

* BOREDOM/CONCENTRATION (2 opposites)
* STRESS/RELAXATION (again 2 opposites)

There are 2 reasons smokers smoke;

1. Nicotine addiction, but in actual fact the withdrawal symptoms from the nicotine itself are minuscule otherwise it would wake them up and mean they needed one as soon as they woke up. This is not the case. On actual fact 99% had left the body after 3 weeks. So then why the months of torture:
2. Brainwashing,

There are many different types of people that get hooked. One of these is people in monotonous jobs and they smoke bevasue of boredom. But in fact it doesn’t resolve the boredom at all.

Thought:  what would the non-binger do instead of relaxing and having to binge to relieve boredom or emptiness. How about to*day-dream, to learn, to do anything that you would be proud of saying you are addicted to. Could try to learn on an online course again, read a physical book as opposed to an audio book*, *self-cleansing, learning and making a new meal, spa style self maintenance*.

Think of the stupid brainwashing that now goes with watching football and needing pizza and beers because that is how we have been marketed. We don’t need anything to watch a game of football but we have been convinced that that will make it better.

The big problem is the subconscious being gradually convinced about the appearance of pleasure from indulging in bingeing or smoking. This is ofcourse not the reality.

Stress

For anyone, most of the day involved stressful situations such as having to make a telephone call, deal with screaming children, crowded places, dealing with being bored is stressful too. In these times, stress rises and is then coupled with the minor minor stress of needing a dopamine hit from food or drink. Indulging then actually relieves that tiny bit of stress making us genuinely feel better by relieving net stress levels. However the more this happens the more we are confused / brainwashed that food drink controls and fixes these nerves from stress when in fact it’s the opposite, food drink destroys those nerves and makes us reliant / lazy depressed and easier to stress. Combined with job dissatisfaction, this can be a powerful cyclic effect.

Boredom

Thought: binging robs me of so much time that can be spent doing something that I actually gain lasting value from and importantly a good memory / skill / learning.  Something you would enjoy sharing with someone else. A good check would be “would i enjoy chatting to someone about this next action / activity at an event / social?”

The hard truth is that when you are addicted to bingeing and are not bingeing, then there is something missing. If you have something to occupy your mind that isn’t stressful, than you can Cope for long periods without feeding the addiction, however when you are bored or relaxing, there is nothing to take your mind off it. So you have to feed the monster. When you are indulging, everything swallowing w whole bag of crisps becomes sub-conscious. Like with smokers, even roll-yur-own smokers can roll automatically without even remembering at the end of the day how many they have rolled.

The truth is that bingeing tends to increase boredom because it makes you feel lethargic and instead of undertaking an energetic activity that you stand to gain from, you then lounge around bored relieving the inevitable future withdrawal pangs.

We have been brainwashed that binging relieves boredom in the same way that we have been brainwashed that chewing gum relieves boredom. But next time you watch someone chewing gum closely, you might notice they still look bored. It does not resolve that boredom.

Concentration

Obviously binging does not aid concentration, it stifles productivity and makes the problem worse by increasing your addiction meaning that at some point the pangs wjll return and get in the way of focus. When non-bingers encounter something difficult, they don’t eat to allow them to focus, they do what everyone eventuality has to do. Knuckle down and do it.

Relaxation

If you think that bingeing helps you to relax, take your pulse before and after indulging. You will see that it is a stimulant that has the opposite effect. And worse the more you do it, the worse the effect and on your health in general. Think about how you feel on a Monday after a big weekend, you are irritable and difficult to work with.  This isn’t some inherent flaw wth you though.  This is the monster at its strongest from the big weekend that is manufacturing this irritation. Bingers like smokers have forgotten what it’s like to be relaxed, that’s one of the joys to look forward to.

The worst thing bingers suffer from is fear. The panic of feeling like I need some food to give me energy, to calm my nerves. When in fact because say socialising is stressful, binging only adds to that stress and detracts from your confidence as your fear and stress levels then begin to mount. Combination sessions are the above like social events where there are 2 or more situations at play such as both stress from the requirement to be 100 % sociable at the same time as the desire to be able to fully relax.

Consider the cold sore analogy on p64.

Thought:  think about not how I might even eat a food that I don’t even like just to finish the plate because of the ridiculous binge addiction. The desire to be overly full and more the fear when ordering that you won’t.

One of the tremendous joys of being a non-binger is to freed from that slavery. To be able to enjoy the whole of my life and not spend half of it craving food and then when I binge, wishing that I didn’t have to binge or order a ridiculous amount or drink more than everyone else. It is not the situation or activity that makes us feel deprived of food and drink, it is the little monster.

You will save £x a day

The minor take away here is how much you would save if you didn’t have such a large appetite and therefore spend so much on coffee and lunch shops and supermarkets. And then spend more on drinks. You would cut down general in take and your body would not be malnourished, it would be it’s sustainable healthy weight.

It’s a chain reaction, the next drink, the next bag of crisps, the next burger, the next square of chocolate will lead to the next one will lead to the next one and so on. Don’t be delusional by the severe health implications of that. If you have the next one and require yourself to continue for the rest of your life. Will you be obese, will you develop intestinal cancers and or die early. Imagine the next binge caused all of that.

Do you Ever suffer loss of circulation or lack of movement and blood related issues that could be from capillaries and veins becoming blocked and strained from excess binging and drink. Do you go numb when you’re asleep.

Which organ in your body demands the greatest blood flow? The 1st rule of nature is survival closely followed by reproduction.  Nature ensures that reproduction doesn’t occur unless the partners feel physically healthy and know they have secured a safe home, territory, food source and suitable mate. See how much yours would improve from the health gain from escaping bingeing.

Smoking is very similar to bad eating habits. Imagine you went to bed trim lean and healthy full of energy and happy. You woke up the next day lethargic, tired, fat, bloated and pot bellied. You would be panic stricken. Now the difference is that this can happen over years but this fact is irrelevant as it is part of the chain.

You will have more energy. More confidence. More ability to concentrate.

When you feel physically and mentally strong it’s great to be alive.

The challenge is that when you stop bingeing, the return of the physical and metal health is also gradual. And unfortunately only you can transfer yourself to your mind and body in 3 weeks. So YOU MUST USE YOUR IMAGINATION. p88

Ofcourse bad things happen in life and there are all the normal stresses of life but what is incredible is to have the energy and strength to cope and the extra energy and confidence makes the good times that much better.

The Willpower method in any method that forces the binger that they are making some sort of sacrifice. We do not decide to become bingers. We simply over indulge once at one of the 4 situations above and build a habit. Convinced that we don’t have a problem or that we can stop whenever we want until it’s too late.

Because of all the brainwashing and stories of so many people craving the binge, the process doesn’t start with the thought “isn’t it great! Haven’t you heard? I haven’t got to binge anymore”. It’s started with a roomy outlook on how hard this is going to be and even with apologies to friends and family by apologising for potentially being irritable because of not being allowed to indulge.

Now after a few days of not indulging, you’re feeling better and have less reasons to binge again but on the other side of things, the little monster in your stomach hasn’t had his fix. If he was a cold or something you would laugh it off. But for some reason with him, all you know is tht you want some binge food or drinks. Quite why it is so important you don’t know. Then the little monster starts off the big monster in your head which starts creating reasons for you to indulge when only a few days ago you were trying to create as many reasons as you could to stop. Ie life is too short, I have picked the wrong time as it’s a festive time or birthday, I can’t concentrate am getting irritable and bad tempered. So maybe you give in and then find yourself wondering why you did? Well in fact it wasn’t lack of willpower, that was a rational decision as far better to live happy and shorter rather than a healthy longer more energetic life. Unfortunately this is the opposite of the truth.

Another thing that makes it so difficult is how do you know when you have achieved it? The answer is that you never do because you are waiting for something else to happen and nothing ever does.

So many fail using the Will power method or struggle to succeed and are still vulnerable to binging / drinking because they never address the brainwashing that binging is an enjoyable sensation. Remember the pizza football con or Guinness rugby con.

Beware of cutting back

The main problem of stopping is not the dopamine addiction, that’s easy to cope with. It’s the mistaken belief that any binging in any way brings you pleasure. This is the illusion that must be understood and dealt with. Which is why cutting down reinforces this fallacy as every indulgent relapse or session is

1. Enjoyed more ( the longer you wait the more you genuinely enjoy the next binge)
2. Worst of all worlds: keeping the monster alive on body and mind whilst also despairing about craving your next binge.
3. Now the normal stresses and strains of life are coupled with the additional stresses of cutting down that will never cease Because of the addiction.

As previously said above, cutting down never works because you have to exercise will power and discipline for the rest of your life. If you didn’t have enough will power to stop before, then you certainly don’t have enough for the rest of your life. So stopping is far easier and less painful.

Also remember that binging is a chain reaction, so binging will last the rest of your life unless you make a positive effort to break the chain.

Just one snack

Don’t fall for this trap, as soon as you agree to have one last snack or that second portion just to get that feeling. You might be convinced that your not still a binger, but now you have over indulged and you are right back addicted again with the little monster inside ever alive again.  So remember at this point:

1. There is nothing to give up.
2. Never see the odd snack or second portion. It doesn’t exist.
3. There is nothing different about you. Any binger can find it easy to stop. You don’t have an addictive personality. It doesn’t exist. That is the very nature of these drugs / sugary snacks, they make you think you have an addictive personality. And if you think that then you will remain brain washed and vulnerable even if the little monster is dead.

*Aside: don’t be put off by other people’s reaction to your reading of this book. If you pride yourself on an open collaborative mind keen to know more and see all angles then it would be a direct contradiction to disregard it due To some one else’s preconceptions / opinions.*

As your reliance for heavier binges and more drinks continues, it breaks down your confidence and nerves which cause you to be able to fight it less. Again another dangerous cyclic affect that mean before your addiction. You wouldn’t need to drink the excess drinks or want the additional portion.

Timing

Try and find a period of 3 weeks where you thnk that there will be the least of the 4 situations above that cause you to want to binge. Try to anticipate any event that might lead to failure. Then don’t stop until the timing is right and whenever you indulge, remind yourself consciously how crap the feeling of over indulging is and how much better it will be once you stop. Although REMEMBER YOU AREN’T GIVING ANYTHING UP, ON THE CONTRARY YOU ARE ABOUT TO RECEIVE MASSIVE POSITIVE GAINS.

Alternatively to the above, the easiest way is to pick the most difficult 3 weeks to prove to yourself that you really have stopped. But then would you even try?

Ask yourself the following question? When you first drank a beer, or first binged, did you really decide then that you would continue every few days for the rest of your life. Of course not, are you then going to continue the rest of your life without being able to stop. Of course not. Well then when ? The true answer is the easiest time is now as addiction only becomes more difficult.

What many don’t realise is that when you are physically and mentally depressed, everything gets you down. But once you understand and stop the addictions self imposed slavery over you, you feel like a  young boy again full of energy and life. You are now out of the binging pit.

Look at it this way, you have already decided not to stay in the trap for the rest of your life. So at some point you will have to stop. And we know with all addictions it only gets more difficult. So then the easiest time must be now. So when you indulge your last time, remember the distaste for it and you won’t only find it better after finishing the drink or snack, you’ll enjoy it.

Will you miss the binge/drink

There is only one danger and that’s the influence of others indulging around you. With all the brainwashing it’s understandable we fell into the trap before.  But now we know it’s a trap, so why is is still a trap that people fall back in to?

1. Just one snack / drink. Remember it doesn’t exist. And they actually envy you for not having to indulge. They have all the health implications and lethargic ness and hit to confidence that you won’t have. They are enslaved and still brainwashed where as you are not.
2. Because of the feeling that the non-binger is being deprived because the other person is doing something that they are not I.e. indulging. But get it clear in your head, it is not the non-binger that is being deprived, it is the Binger that is being deprived of:

* HEALTH
* ENERGY
* MONEY
* CONFIDENCE
* COURAGE
* PEAFE OF MIND
* TRANQUILITY
* FREEDOM
* SELF-RESPECT

Pity them. Feel sympathy for them.

Thought: one of the greatest things is how much more energy you will have to do things that before you might have used as a substitute to keep you busy such as learning, tv, socialising, Reading. Self grooming, exercising. I mentioned some of these above.

There is a myth about giving up drink or alcohol that you put on weight. This is because people try to give up using willpower and substitute food to quash their addiction to the drink or nicotine with a very very similar feeling in hunger. However this doesn’t completely work as it is not satisfying the original addiction leaving you apparently still dissatisfied either leading you to overeat or go the other way and replace Hunger with nicotine.

But once the little monster leaves you. Confidence and energy return with a new ability to control this aspect of your life and actually encourages you to take control of all other aspects of your life as well. So reiterate, the substitutes actually make it harder for you to stop.

**Easy way to stop**

Instructions to follow:

1. Make the decision that you are never going to overeat or binge drink again.
2. Don’t mope about it. Rejoice it.

Why was this time so enjoyable. “Because I knew I was certain that I would never overeat or binge drink again”

IT IS EASY TO STOP OVEREATING AND BINGE DRINKING. It is only the indecision and moping about that make it more difficult. Most can go for relatively long periods without over indulging. It’s only when you crave a binge or all the chocolates that it’s tough. This is why the key to making it easier is to stop. Not to hope but to know that you have kicked it knowing that you have made the decision. Never to doubt or question it. But to rejoice over it.

So remember:

1. You can achieve it. Nothing makes you need to overeat or binge drink more than anyone else
2. There is no such thing as one last binge. It is an addiction and a chain reaction.
3. You are not giving up anything, you are gaining energy, confidence, time, money peace.
4. See the whole thing as an addiction, not a sociable thing to do. Face up to it like a disease and own it. Like all diseases it lasts for life unless you cure it now.
5. Separate the disease from being a non-binger. Once you have decided to stop,  you are already cured and should immediately be rejoicing in your decision.

The key to making it easy is to be that you will abstain over the 3 week period. This doesn’t take any longer than 3 weeks. With this mindset, you will find it ridiculously easy.

Perhaps you still fear the possibility of failure itself? Don’t as we cover this below.

**What is essential however is the mindset that it’s incredible that you now don’t overeat or binge drink.**

**So how can we hold this frame of mind for the entire withdrawal period of 3 weeks?!**

**2 Warnings:**

1. **Indulge at the end of the book.**
2. **AVOID THE TRAP OF THINKING THAT YOU HAVE TO ABSTAIN FOR 3 WEEKS AND THEN YOU WILL BE FREE. YOU WONT. THIS IMPLIES YOU ARE STILL THINKING LIKE AN ADDICT. ISTEAD THE THOUGHT IM NEVER GOING TO BINGE AGAIN IS SOMETHING TO REMEMBER CONSCIOUSLY FOR 3 WEEKS. THEN IT WILL BECOME AUTOMATIC AND ALL TEMPTATION WILL GO.**

**Withdrawal Period**

**There are 2 types of withdrawal pang:**

1. **Physical withdrawal symptoms m/ hangover / sugar low.**
2. **Physiological triggers of certain events**

**Willpower can deal the first but falls short of the second and in fact can worsen the brainwashing when trying to combat the second.**

**It’s like when you start driving a car with the indicator on the other side. You know which side it is but you keep flicking the wipers.**

**So this is why it is important to understand that the addiction doesn’t give you anything in case 2 above so that you don’t remain brain washed. It is important to not try and push thoughts on food out of your mind, as this reinforces the brain washing in the same way. The thing to remember is how amazing it is that you don’t need the food or drink anymore. Remember at each trapping opportunity, each time you remember your mindset and don’t feel deprived but gaining of more strength and control.**

**Soon the pangs will before moments of pleasure because of the mindset.**

**Never doubt your decision. This will cause moping and the brainwashing to proceed. Instead use the moment as a boost to a more confident energetic healthier wealthier self.**

**The best thing is that you will not need to keep on telling yourself this forever because it is the brainwashing that has required this rewriting and phycological process and the beautiful truth is... your body does not want or need to overeat or drink.**

Substitutes

Do not use them. Gum, fizzy drinks, coffee any of them. You are not addressing the problem. In fact you are making it worse by prolonging the brainwashing that you still need the sugar / drink / food. You don’t. This is the brainwashing that will change with the right mentality. However if you go on continuing with the substitutes, the brain washing and therefore the miserable feeling of being deprived will continue. And the chances are that you will binge again. For one if you don’t kick the snacks and substitutes, you’ll never know when you’ve kicked the habit as you’ve only moved the problem but not resolved the real Problem. The brainwashing that the drink or food makes life better. It doesn’t.

5 instructions

My Notes:

Triggers

* Finishing writing a bit of code and hitting run or play
* Email about sweets
* Coffee breaks
* Being super hungry / drunk in a place where I need to order food and therefore over ordering and then consequently finishing my food and therefore overeating.
* When you see the Pret symbol out of a window
* When you smell someone else’s food. *Feeling of being deprived when in fact it should be the feeling of gaining strength, energy, power.*
* When you see / hear someone else eating / ordering. *FOMO, FOD (fear of deprivation)*
* Feeling Tired
* Feeling rundown
* Boredom
* Watching TV
* Reaching a destination
* On encountering any difficult task that causes stress and effort to be applied to tackle it, the brainwash tells us that eating/drinking/smoking will help as it should lower the total stress, this is the opposite as all eating/caffeine/smoking/drinking raises our heartrate and makes us less able to deal with stress. (it reduces are nerves)
* When free food is available