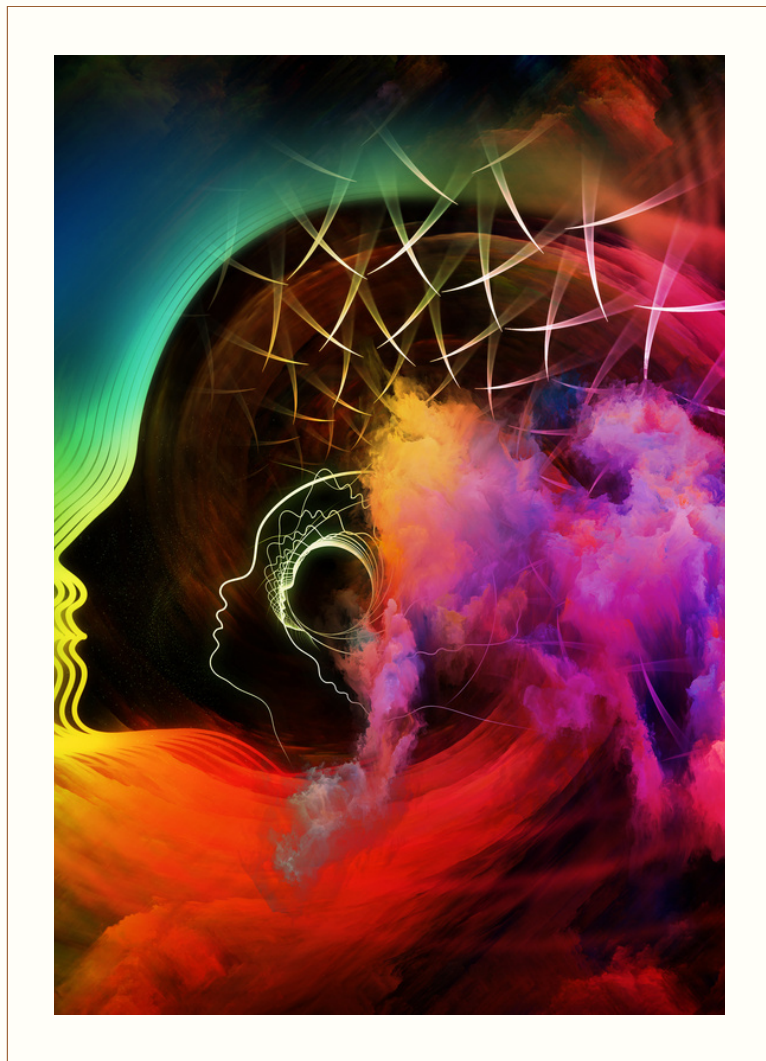


# HOW TO STOP ANXIETY OR CRAVINGS



*Viki Vallance-Clark*  
LIFESTYLER



# VIKI VALLANCE-CLARK



[www.vikivallanceclark.com](http://www.vikivallanceclark.com)

My name is Viki & I'm a Hypnotherapist with a difference. I help you to change your habits & problems by changing your brain at a neurological level with my proven unique system. I love the idea of giving people their power back by sharing these techniques & building a tribe of happy clients. I can't take credit for these techniques here though because I learnt them from my teacher. However, I can take full credit for the method I use in combining techniques that creates the changes my clients experience when working with me 1:1. It's unique, permanent & it's effective which is what you want - rapid & effective results that stick!

[support@vikivallanceclark.com](mailto:support@vikivallanceclark.com)

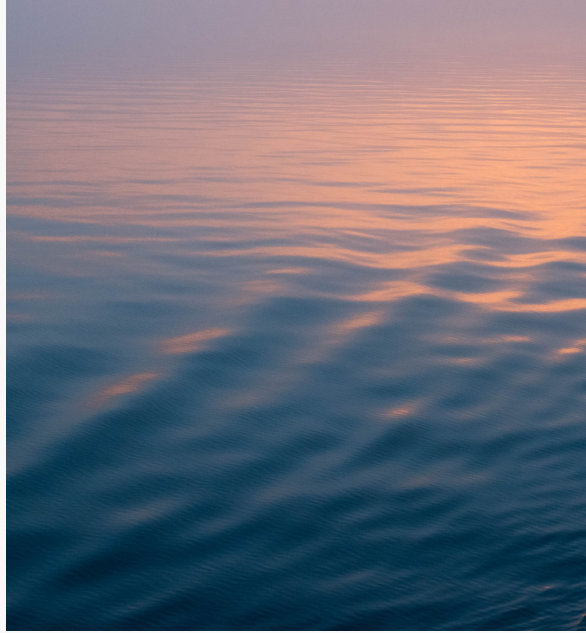


## ABOUT ME

WELCOME

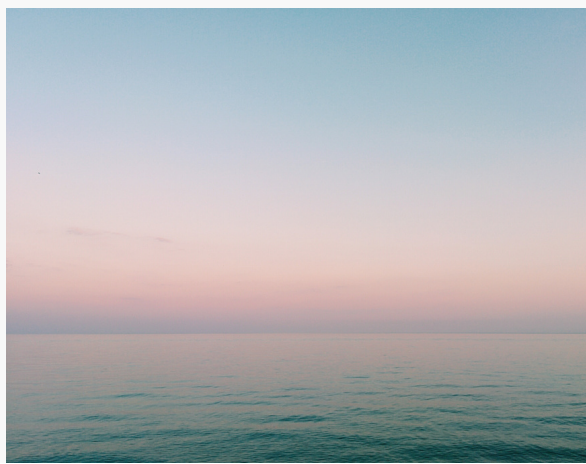
I love what I do & I always give more than expected. I take great pride in the quality of my service & my client's results. I'm driven by a need to help people overcome situations they no longer wish to be in, especially where alcohol and anxiety are concerned. All I ask of my clients is that they are at a 10/10 desire to want the change, whatever it might be they're struggling with. I really care about my clients & their happiness is my happiness.

w w w . v i k i v a l l a n c e c l a r k . c o m  
s u p p o r t @ v i k i v a l l a n c e c l a r k . c o m



Whenever you feel anxiety coming on or whenever you feel a craving, whatever it might be, use any of the below techniques & you'll be able to stop the unwanted feeling or craving in it's tracks. The power is in your hands. Find the technique you like the most, or mix & match, & use every time you feel whatever it is you don't want to feel.

You'll experience immediate relief, & over time, with consistent practice, the feeling or craving will disappear. Don't want to wait? Contact me & work with me 1:1 for quick, effective permanent removal of the problem





## BILATERAL STIMULATION

Get an object in your hand, pass the object from one hand to the other making sure to pass the midline, before each pass, continue until calm

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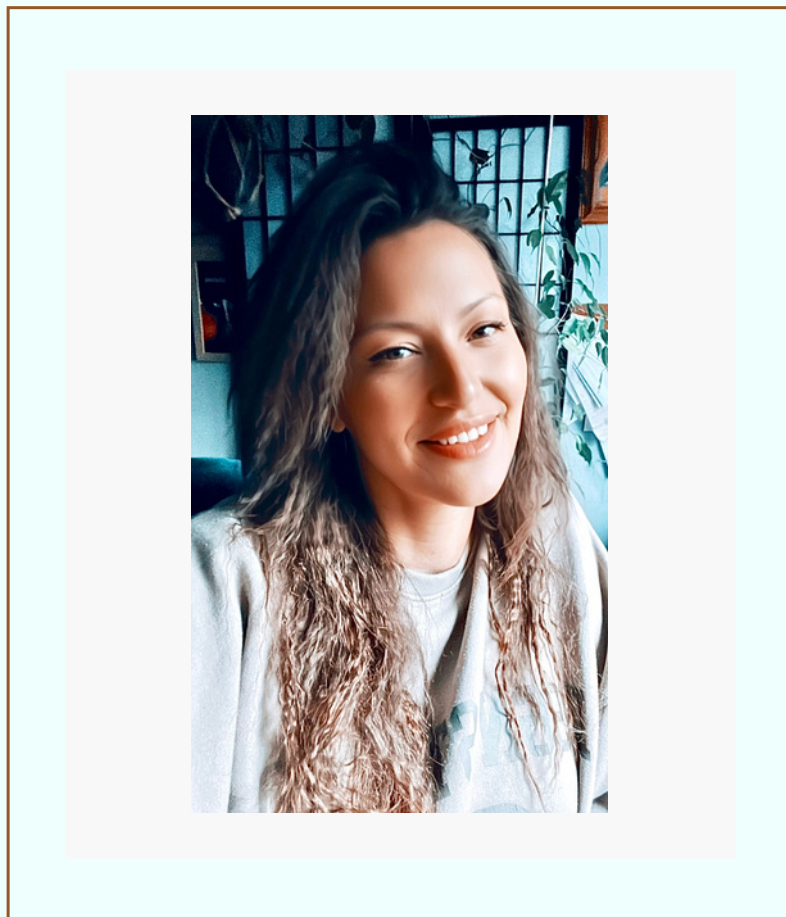


## SPEED TAPPING

Gently tap on the top of your head, inbetween the eyebrows, side of the eye, under eye, clavicle while saying “even though I feel anxious, I can release this & let it go” then hold your wrist and breath in for 4 & out for 8 three times, repeat until calm

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## STOP THE WORLD

Focus on a spot on the wall,  
soften your gaze & whilst breathing in for 4 &  
out for 8, notice the space to the left of you in  
your peripheral vision without taking your  
focus off the spot on the wall, now notice all  
the space to the right of you, all the way up to  
the ceiling & down to the floor & to the back  
of you, repeat both sides for 1 minute until  
calm

[www.vikivallanceclark.com](http://www.vikivallanceclark.com)  
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# RELIEF IS IN YOUR HANDS

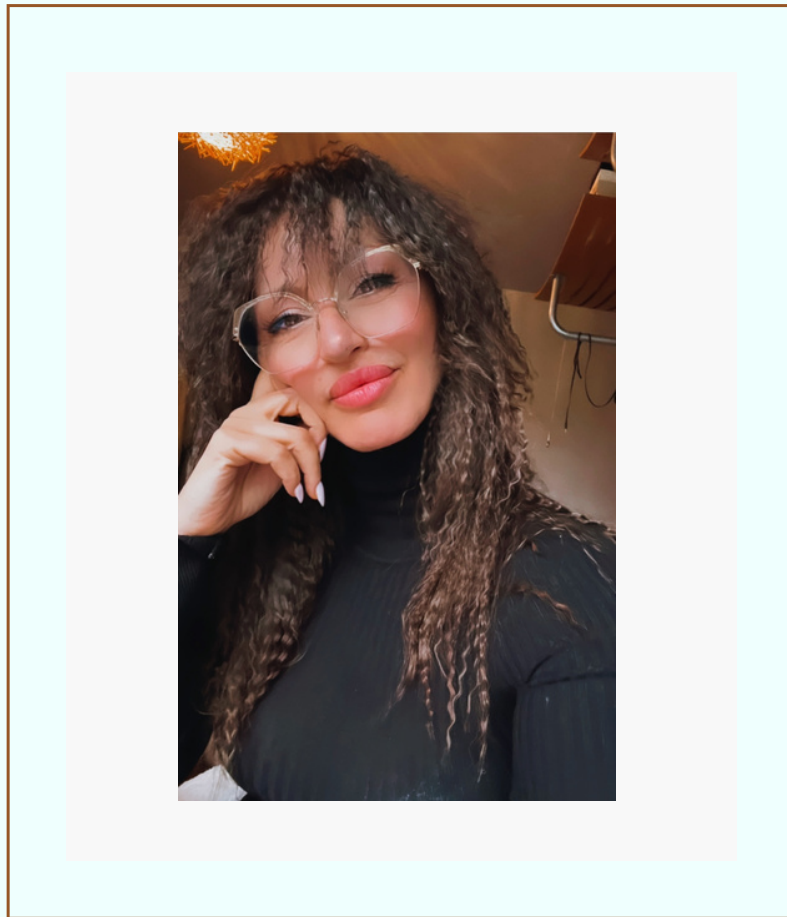
Sit or stand with arms & hands relaxed, dangling to the sides. Notice the tension in the body, give it a colour & imagine funnelling it down into your hands as you make a tight fist. Imagine every drop of that anxiety flowing into that fist & the more anxiety, the tighter the fist. Once its built up & all the anxiety is contained in that hand/s let it go. Imagine it flowing out or just dropping to the floor, shake it out until the hand is nice & soft. If there's any left after letting it go, just send whatever's left down to that hand to let it go & repeat. The dialogue thats in your head, slow it down & send it down to the hand aswell & do the same with that

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## METAPHORIC 2 STEP

Scale the anxiety or craving or stress or whatever the problem is. Locate where in your body you feel the anxiety,

Ask yourself the question, “What’s it like?”

Imagine you’re in cartoon land, it can be anything that comes to mind. When you have what it is, ask yourself “What has to happen in order for it to change?” Close your eyes & imagine doing that, just allow it to happen. Now what is the problem on that scale of 0-10? Remember with any of this, you’re in control & it’s all made up.

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## SELF-HYPNOSIS

Focus on a spot on the wall, soften your gaze & whilst breathing in for 4 & out for 8, close your eyes & imagine the number 10, as a wave of relaxation flows over your head & down your body to the tips of your toes. As the number 10 disappears. Open your eyes & close your eyes & imagine the number 9, repeat the process all the way down to number 1. Then imagine a movie screen & see yourself as you want to be - cool, calm, collected & confident. Really feel into that you, notice a dial & turn it up to where you want it to be. Really feel that intensely.

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[support@vikivallanceclark.com](mailto:support@vikivallanceclark.com)

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# DAILY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


## NOTES:

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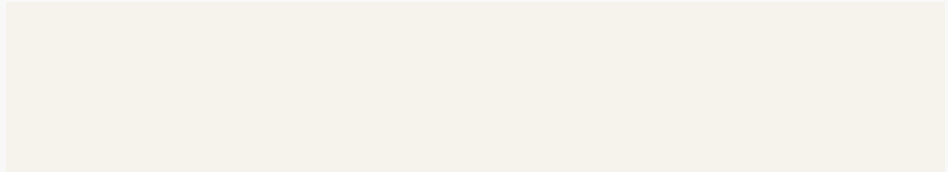
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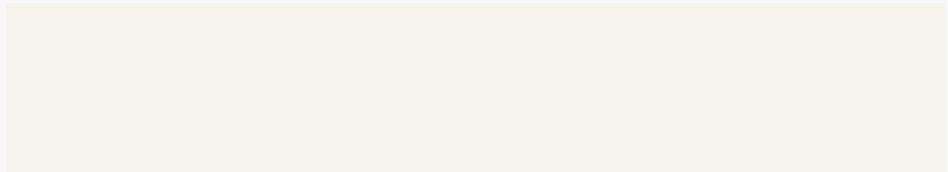
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# WEEKLY PLANNER

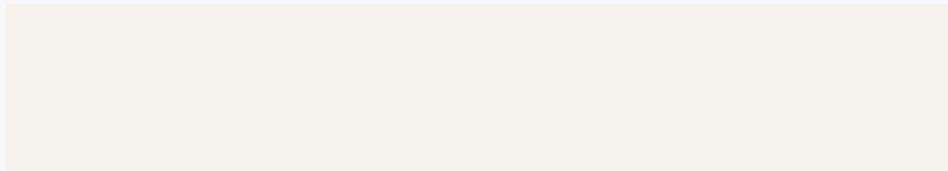
MONDAY



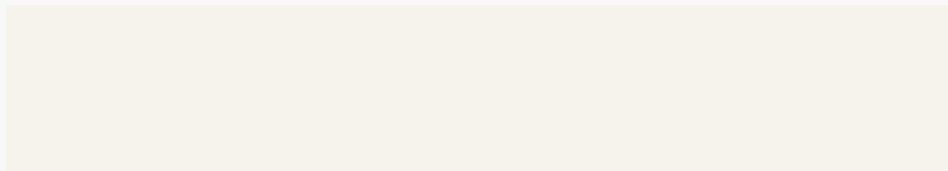
TUESDAY



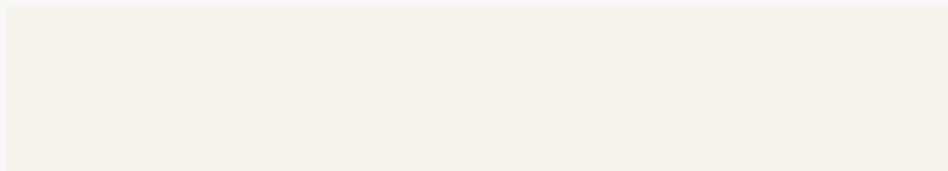
WEDNESDAY



THURSDAY



FRIDAY



SATURDAY

## NOTES AND IDEA

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YOUR THOUGHTS

# DAILY JOURNAL

DATES :

MOOD :

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GOAL

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TO DO LIST

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COOL  
CALM &  
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A three day workshop, where you get to put an end to the misery of being controlled by either anxiety or cravings, whether it's food cravings, chocolate, alcohol, cigarettes, whatever. This Free Masterclass puts you back in control.

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