

## A NEW SOLUTION TO THE OLD RESOLUTION



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Be honest, how much headway did you make toward last year's New Year's Resolutions? Will you be making the same resolutions this year in hopes of having better success? If so, don't be hard on yourself because you're certainly not alone. For most it takes 6 tries before there's some success. Why are resolutions such a challenge?

Most of our resolutions focus around changing old habits, so let's start with an understanding of habits. Most habits are blessings because they're essential for our safety and successful living. How painful would it be if it took 10 occasions to learn not to touch a hot burner? How exhausting would it be to think through literally every aspect of your day? Think about your morning routine alone and realize the hundreds of decisions you'd need to make if it were not for the habits you've developed over the years.

Our brain creates networks of neurons that allow for repetition with little if any effort or even consciousness. Driving a car is a perfect example. Remember when you were just learning - you needed to

think through every aspect of driving and now it's all automatic.

It's also important to remember that all habits are created by the conscious mind, using rational reason for their creation. Let's look at cigarette smoking. As teenagers we seek independence from our families which is wonderful and necessary but also scary. We feel lost, and at some level are looking for the security of a new group. We see smokers hanging out in groups and our mind makes the connection "If I smoke I can be part of that group too. I can be cool, grown-up and accepted." So we pick up a cigarette and start smoking because that's our mind's solution to our teenage angst. Very soon that habit gets passed to the subconscious mind and the subconscious mind builds networks within our brain around cigarettes. Cigarettes equal friends, security, acceptance, relaxation, fun, mornings, coffee, alcohol, food, driving, etc. The habit of smoking is no longer just one habit; it becomes many, making it all the harder to break.

Another important component is the tool we try to use to create change. Most of us try to use willpower. Willpower lives in the conscious mind and is designed to initiate change - not sustain it. I hear over and over. "I have no will power!" "I'd succeed if only I had will power." And I say you do have will power - it's just not what you think it is. It's the ignition in your car, not the gas pedal. So it's not your willpower that's failing, it's your expectation that willpower will sustain change. Willpower simply will not undo all the pro-

gramming that's been created around a habit which is why we fail time and time again.

You've heard it before. The definition of insanity is doing the same thing the same way and expecting different results. This year it's time for a different approach. And no, you don't need to be hypnotized to keep your New Year's Resolution. Hypnosis will just make it much, much easier to succeed on your first attempt rather than your fifth or sixth.

Hypnosis helps in several ways. It allows you to remember and understand why the conscious mind decided to form the habit in the first place. That alone will begin to free you from it because you'll recognize that the purpose it served in the past has nothing to do with the present. In addition, the state of hypnosis allows the subconscious mind to show the conscious mind all the connections or patterns that have formed over time. Together the minds can decide which to keep and which to disconnect or neutralize. And most importantly, there is always a healthier habit solution within and it can be easily found and implemented with hypnosis.

### Testimonials:

*"I knew if you could do it for my sister - the 'professional' smoker - you could do it for me and you did!!! Life as a non-smoker is even better than you said it was going to be!! I thank you and my family thanks you for all that you did to help me (and my daughter) conquer that nasty old habit. It was worth the drive."*

*~Barbara from New Jersey*

*"Hypnosis has made a profound difference in our lives."*

### Resolution Solutions

1. Make one resolution instead of 3 or 4. It's easier for your mind to focus on one thing at a time.
2. Search your past for any failures and find what you learned in them. Carry the lessons forward - leave the rest behind.
3. Focus on the benefit of achieving your goal. See yourself having achieved it. Feel how it will feel to succeed. Keep your mind focused on seeing and feeling success. Our minds always move toward pleasure and away from pain.
4. Know you can do it and have FUN!!!

*I've dealt with my weight problem for most of my life, and I now realize that I won't have to deal with it any more. My children have so positively benefited from their sessions with you. It's so wonderful to see such happy teenagers and know that they have been shown the tools necessary to move on successfully with their lives. Thanks, Lisa."*

*~Cindy  
from Wethersfield*

**Lisa Zaccheo is the owner and senior hypnotist at Mind Matters Hypnosis Center in Canton, CT. She has additional certifications in Complimentary Medical, Clinical, Child & Adolescent, Forensic and Regression Hypnosis. For more information or to schedule an appointment, call Mind Matters Hypnosis Center at (860) 693-6448 or visit [MindMattersHypnosis.com](http://MindMattersHypnosis.com).**



Lisa Zaccheo



Board Certified Hypnotist

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Note: Some issues require a Doctor's referral

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