



A CALMER MIND · A BRIGHTER TOMORROW

Reset the Habits That Hold You Back

Practical hypnotherapy for lasting habit and lifestyle change

Small habits, big difference. Snacking that isn't about hunger, endless scrolling, hitting snooze, the drink that has become automatic. On their own they seem small, but together they shape how you feel every day. These patterns are learned and run on autopilot, which is why simply deciding to stop often isn't enough. Lasting change comes from working on **the trigger and the response**, one habit at a time.

How Clear Horizon Helps

1

Choose One Clear Target

We pick the one habit most worth changing first. One habit, not five, works far better than a whole-life overhaul.

2

Map Your Habit Loop

Together we uncover when the habit fires and what it does for you: relief, comfort, a break or a buzz.

3

Focused Hypnotherapy Sessions

In a relaxed, focused state you rehearse a new response until it feels natural rather than effortful. You stay awake and in control throughout.

4

Keep It Going

Simple self-hypnosis and practice between sessions, so the new pattern holds after the first burst of motivation fades.

How long does it take? Some habits shift quickly; others, especially those tied to stress, take a little longer. We set a realistic plan at the start and review it as we go.

What You Can Look Forward To

More energy

Better sleep and fewer habits that drain you.

Steadier motivation

Progress that doesn't depend on your mood.

Clearer focus

Less distraction and better follow-through.

Feeling in control

Choosing your habits, instead of them choosing you.

ONLINE SESSIONS

Secure · Convenient · From anywhere

FACE-TO-FACE SESSIONS

Available by arrangement

Map Your Habit Loop

Every habit runs on the same loop. Pick one habit and jot down your answers:

- **Trigger:** when, where and with whom does it usually start?
- **Feeling:** what am I feeling just before (bored, stressed, tired)?
- **Routine:** what exactly do I do, step by step?
- **Reward:** what does it give me (relief, comfort, a break, a buzz)?
- **Cost:** what is it costing me in time, health, money or mood?
- **Swap:** what could give me the same reward in a better way?

Reset in Five Steps: RESET

- R Record it.** For a few days, note each time the habit happens and what came just before.
- E Expose the trigger.** Spot the pattern: the time, place, feeling or person that sets it off.
- S Swap the routine.** Choose one simple alternative that gives you the same reward.
- E Ease the path.** Make the new habit easy and the old one awkward: move the phone, the snacks or the alarm.
- T Track and repeat.** Tick off each day. Repetition, not willpower, is what makes it stick.

When Motivation Dips

Motivation comes and goes. Good habits are built for the days it doesn't show up.

- **Shrink it.** On hard days, do the two-minute version. It still counts.
- **Never miss twice.** One slip is normal. Simply get back on track the next day.
- **Plan the tricky moments.** Decide in advance what you will do when the trigger appears.
- **Change the scene.** A short walk or a different room can break the loop.
- **Remember your why.** Picture the version of you who has already made the change.
- **Celebrate progress.** Notice each small win. Your mind repeats what feels rewarding.

Habits Worth Resetting

Snacking eating that isn't about hunger	Scrolling the phone that fills every gap	Snoozing a rushed start to every day	Nail-biting picking and other nervous habits	Putting it off the task you keep delaying	The automatic drink when it's habit, not choice
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Hypnotherapy is a non-medical approach. For eating disorders, alcohol dependence or other health concerns, please see your doctor first.

Take the first step today

Book your first session with Clear Horizon Hypnotherapy

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