Hypnotherapy Center

Here-and-now habit guide

Free complementary guide â Hypnotherapy Center

Present-moment habit prompts

1. Pause and name the urge without acting yet.
2. Notice where the body feels the habit cue.
3. Ask: what am I avoiding or needing right now?
4. Choose one smaller, kinder next action.
5. Note what helped even slightly afterward.

Complementary support only â not medical advice, diagnosis, or a cure.

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