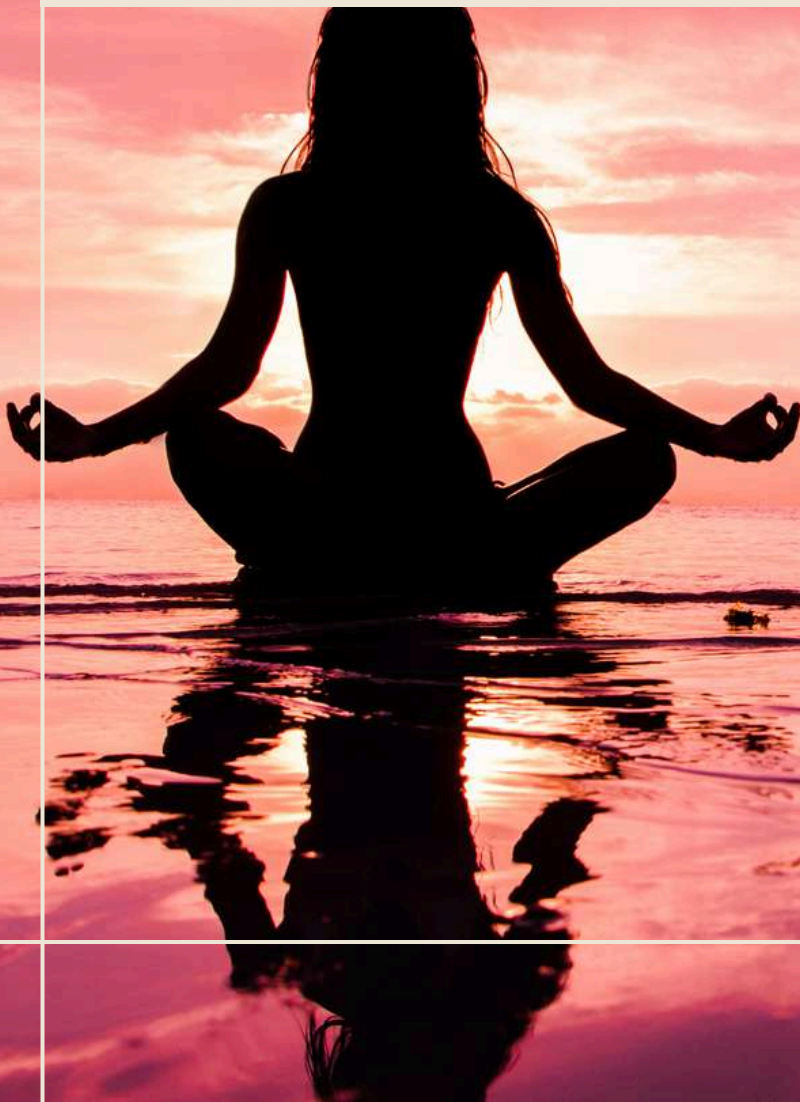


THE

From Cravings to Calm Guide

A GENTLE GUIDE TO TRAUMA-
INFORMED ADDICTION SUPPORT

By Monica Walston



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WELCOME

You're not "broken". You're navigating a loop your nervous system learned to survive: cue → craving → behavior → brief relief → shame. This guide meets you with compassion and simple tools so you can begin shifting that loop - safely, slowly, and on your terms.

Monica



How to use this guide

This guide was created to support you at your pace - whether you're brand new to healing work or already deep in the journey. There's no right or wrong way to move through it. Here's what I recommend:

1. Start with the introduction and let it land - no rush.
2. Read the insights in small bites. Pause if emotions arise.
3. Try the short practices - especially the 90-second craving-calm.
4. Journal what resonates and ignore what doesn't (for now).

When you're ready for more support, I'm here. You can book a session or a free clarity call using the links at the end of this guide. This is your safe space. Let it meet you exactly where you are.

Questions?

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CHAPTER ONE

INTRODUCTION

Why it's so hard to
"just stop"



Introduction

Some patterns aren't about willpower. They're about protection.

- Cues (time of day, place, people, feelings) quietly flip the craving switch.
- Cravings are body alarms asking for regulation, not moral lectures.
- Behavior brings short relief (dopamine + predictability), reinforcing the loop.
- Shame locks it in: "I blew it," which often triggers... the next round.

Trauma turns the dial up: after conflict, loneliness, or fatigue, your system defaults to anything that lowers alarm fast. That makes sense. We just need safer exits.

Reframe: Your brain isn't misbehaving - it's over-protecting you.





CHAPTER TWO

A NEW BEGINNING



What we'll do together

In trauma-informed hypnotherapy, you stay in control. We never force memories; we resource first, then change the loop.

Core pieces we'll build:

1) 90-Second Craving-Calm (use anywhere)

- 30s: Notice → name ("I'm having a craving; my body wants safety.")
- 30s: Physiological sigh (long inhale, tiny top-up inhale, slow full exhale) × 2-3
- 30s: Anchor (press thumb and forefinger; say "Steady now") while eyes soften

Practice 1-2×/day when calm so it's ready when you need it.

2) Replacement Routine (the real secret)

Pick 1 tiny action that gives similar payoffs (soothing / reward / social / novelty).

Examples by trigger:

- **Evening alone:** hot shower → lotion → tea → 10-min show → bed
- **After conflict:** 3-minute walk + "steady now" anchor → text a safe friend
- **Before sleep:** 2 pages of fiction → breath track → lights out



3) Trigger Map (clarity > willpower)

Make a quick grid:

Time	Place	People	Feeling	Plan (replacement)
8-10pm	Couch	Alone	Bored/lonely	Shower → tea → 10-min show

4) Hypnosis Reinforcement

In session we de-charge specific cues, reframe core scenes (symbolic or literal), and future-pace you through high-risk moments so the new choice feels natural.

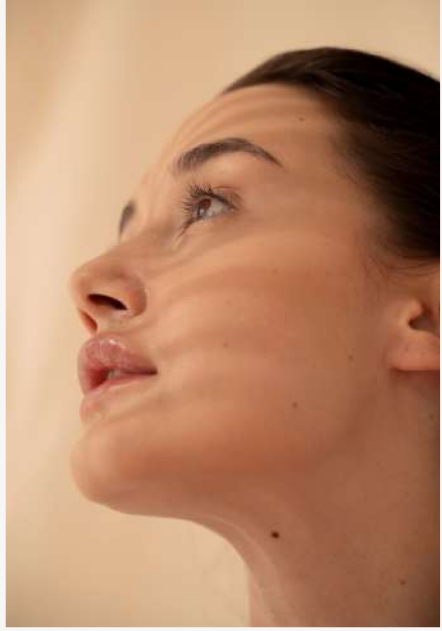




CHAPTER THREE



TRY THIS



Pattern Awareness Prompts

- When do cravings most often appear?
(time/place/people/feelings)
- What need is the craving trying to meet?
(soothing, connection, reward, escape)
- Which one cue, if changed or avoided this week,
would make the biggest difference?
- What's a 90-second action that leaves me a little
calmer than before?
- If I slip, what's my next right step (not
punishment)?



CHAPTER FOUR

MICRO PRACTICES

(Keep them in your pocket)

- **Box-30 Breath:** In 4 / hold 4 / out 6-8 / hold 2 (downshift on exhale).
- **5-4-3-2-1 Grounding:** Name 5 sights, 4 touches, 3 sounds, 2 smells, 1 taste.
- **Urge Surfing Script (30-90s):** "This rises, peaks, and passes like a wave. I can float."
- **Social SOS:** Pre-type a message: "Tough night - walk + phone for 10?" Send it.
- **Doorway Rule:** Every threshold (office/home/bedroom), inhale "Here," exhale "Now."





Your next step...

When you're ready for deeper support, your next step is the Trauma Root Relief Session, a gentle, trauma-informed experience that helps release the root of your addiction pattern.

BOOK YOUR TRAUMA
ROOT RELIEF SESSION

You don't have to keep holding what was never yours.

With love, compassion and understanding,
Monica Walston
Trauma-Informed Hypnotherapist

Conclusion

Just because the pattern feels old doesn't mean it's permanent.

With practice, your body learns new exits: steadier breath, kinder routines, better sleep, less shame. This is not about perfection - it's about momentum. One small win today is enough.





The Trauma Root Healing Sanctuary

This is a gentle, spiritually grounded place where sensitive souls gather to receive ongoing guidance, nervous-system-safe practices, and compassionate support as they heal trauma, emotional patterns, and soul wounds.

Inside the sanctuary, you will find:

- Monthly live community healing circles
- Grounding practices and gentle teachings
- A safe space to feel seen and supported
- Continued guidance without pressure

If your guide resonated and you feel called to receive ongoing support, we would love to welcome you into this sacred space.

Join here: [Trauma Root Healing Sanctuary](#).

You are not alone on this path. You are held. You are welcome.