

# GET OVER INDULGENCE

## YOU HAVE ALREADY TAKEN THE MOST IMPORTANT STEP

By asking for this tip sheet you have **admitted to yourself** that you have an issue with food, drink or something else.

Now you have decided that you no longer want to eat, drink or use, not doing it will be **easy**. As easy as one, two, three.

### 1 ACCEPT THAT YOU HAVE A HANK

He lives in the less developed part of your brain - the bit that has a thing about booze, sex and McDonald's. He suggests, you are the one that decides. Listen out for him and learn to recognise the voice.

### 2 GIVE HANK A NAME

Call him what you like. It doesn't have to be male, or human - be imaginative. By naming him, you'll be clear who's making suggestions and who's in charge.

### 3 DEVELOP A RESPONSE

Having an answer to Hank will shut him up. It could be something like 'how will this help me succeed?' or 'will this reduce my stress?' Or, you could calculate the long-term cost of your current behaviour and ask, 'is this worth £xx,xxx?' Use what's important.



You have the **power** to beat Hank. You have the **power** to Get Over Indulgence. **Act now.**