

## Fight Psychic Addiction

*Psychic addiction is like a drug, when feeling high wears off, you need another fix..*

Where does a psychic addiction come from?

Psychic addiction comes from feeling out of control, vulnerable, fear. It is usually triggered from a sudden change, trauma or shock. It's just a temporary weak moment we all have, but some of us turn to psychics to reassure us that all is going to be OK.

Unfortunately a psychic addiction cannot be broken on will power alone. You have to find a strict discipline and routine to break this habit. This is why I have designed 'The Spiritual Healing Program' to help you overcome this addiction. This guide can be used as a self help guide if you are not on this program. If you are on the program, then this guide can be used as a support guide while you are settling into the program.



If you are having a weak moment, and are craving for a psychic reading, then read the following self help tips to get rid of the urge. **If you feel that you still need to speak to someone ASAP, then call me on 07528 126 504 and book a 20 minute Crave Bashing session for only £15.**

1. Tell a couple of close friends or family members about this addiction who are good listeners and that you trust; so that you can get through at least one of them during this vulnerable time. Talking to a friend or a family member, has the exactly same effect on this addiction than a psychic – and it's free! Talk to them about how you are feeling, and what made you feel down. Talk to them about what you think triggered the craving. Sometimes talking out aloud to someone who is a good listener helps you understand the root cause. In return this will get rid of your craving.
2. If you have made notes of previous readings, try to read through them and see if this helps you. You will notice that you ask the same questions again and again about the same thing. If you are calling back within a few days after your last reading, I can tell you now as a psychic not much has changed, and you will just waste your money by calling another psychic to ask the same question again.
3. Take a look at your bank balance or credit card balance, and ask yourself how you are going to pay for the reading. Can you afford it? Wouldn't you rather spend it on having a night out which will make you feel a hundred times better than talking to a psychic, or go out and spoil yourself? *Note: This is a temporary distraction, and I do not recommend you take yourself out every evening and spoil yourself. We are watching your pennies as well as your emotional well being.*

4. Ask yourself how many readings you have had in the last couple of weeks and how many of the predictions have come true? None? Is it worth having another reading?
5. Get out of the house and go for a walk, or corner shop for a loaf of bread. You must get yourself out of that house to change your energy, to change your thoughts and distract yourself. Trust me the craving will go away. Even better, go and sit in the nearest coffee shop, and watch the world go round. What often helps is watching other people getting on with their lives. This tells you, life still goes on! How many of these people do you see on the phone talking to a psychic? This is a very powerful crave basher.
6. Watch a good movie, and cut off from your thoughts and the outside world for a couple of hours, and you will wonder whatever happened to your craving. It's all about distracting the mind, so that you don't feel down and out of control.
7. Plan something with friends so that you have something to look forward to. Think of a venue, think of a good night out. Plan, organise – GET BUSY!
8. Make a list of things that are waiting to be done. Filing? Paperwork? Decorating? Need to buy something for the house? Look at a catalogue. Go online and check out some good deals. Again, get busy and get on with your life. An Idle mind triggers the psychic addiction.
9. Start a hobby, do an evening class. This will keep you busy, fill up your time and help you meet new people.
10. Bored this evening? Invite a couple of friends over for a meal. Cook a lovely meal and host a great evening. This is very therapeutic.
11. Don't want company, just fancy a night in? GREAT! Get some junk food, have a hot soak, put on a nice movie and relax. Do whatever you want, but do not call a psychic.

I hope the points above make you realise how much you are missing out on life, when you sit at home addicted to psychics, and getting yourself in debt. Think about what else you could be doing with your money. You have had a difficult year, put that £500 that you are going to spend on psychics towards a holiday. I am sure that's what your psychic will be planning when the calls keep coming in!

**Other important points:**

- Call your telephone service provider and ask them to put a very low credit limit on your telephone line, or better still ask them to block all premium rate numbers on your line. This will stop you ringing up your phone bill.

- Cut up your credit cards immediately. If you haven't got the cash, then you can't afford it!
- Get rid of all the telephones numbers for the psychic lines you call, and any websites that you use.
- Stop thinking about psychics, and stop making mental notes about the questions you want to ask your psychic tonight. Block any thought about psychics, fortune telling etc. This will take the craving away.

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