

# The Rubber Band

## Recondition Your Brain!

The Rubber Band has proven to be one of the most effective methods to beat the monster. Most of us have repeated our addiction thousands of times, and the brain has been conditioned to the addiction and the reward. The brain is looking for the rush! When you feed an addiction you get used to the body releasing endorphins that makes you feel good. The rubber band will be used to recondition your brain and instead associate pain with the addiction. This will eventually make your brain focus much less on the addiction and much more on healthy thoughts. SNAP!

### Step 1

One of the first steps in fighting your addiction is to get a rubber band. It can be thin or thick but it has to be durable. You wear it like a bracelet on either hand. The rubber band should not be too tight. We recommend that you wear it all the time at least during the first 30 days as you never know when the cravings will appear.

### Step 2

When you recognize thoughts or actions related to your addiction, immediately snap the rubber band against the inside of your wrist. You need to do a proper snap and pull the rubber band so when it is released and hits your wrist, it will be painful! When done properly, the rubber band will leave red marks and that is OK. No pain, no gain!



### Step 3

Right after snapping the rubber band, refocus your thoughts to an opposite and incompatible thought. Focus on things and people that you want to attract in your life. By doing this, you will break the old pattern and teach the brain to focus on healthy thoughts.

### Step 4

You repeat these steps as many times as you need to. The rubber band will work but it has to be applied consistently and through a period of time. You will train your brain to associate the pain with the cravings and since the brain wants to avoid pain, these thoughts will eventually diminish. Most people using the rubber band as prescribed and the rest of the POWER model, make significant progress within the initial 30 days.

NOTE: If your addiction is overwhelming, please seek professional help in your local area. If in doubt, please consult your local GP.