

Why You Can't Stop

(Even when you're not enjoying it anymore)

Let's get straight to the point, because that is what my therapy does!

You are probably feeling frustrated, ashamed, self-critical and wondering how it got this way, and why?

From the outside your life is great. You have so much, yet you are sabotaging it all for something that you know just isn't worth it!

You are not alone.

You may have been told by well-meaning friends or family, 'do it for your kids,' or 'you're an idiot – you have everything and are going to lose it.' But this attempt at kicking you up the bum, just makes you feel bad, pathetic and ashamed.

The inability to quit is not because you are weak

It's not a lack of willpower

It's not that you don't love the people around you enough to stop damaging them...

...It's Your Neural Architecture!

Cocaine is a stimulant that releases a dopamine surge in the brain. As well as giving a euphoric high, dopamine has the additional effect in creating strong neural pathways, so this enables the brain to very easily and quickly record this feeling.

It also records cues associated to the euphoric high; people, places, smells, alcohol, etc and when the association is experienced, it causes a release of dopamine in anticipation of the next 'reward'

In addition to this long-term use weakens the part of the brain (for quickness I'll just call it the Pre-frontal cortex), responsible for impulse control. which explains why over time so many of my clients say.. 'It feels like something else is in control !'

Malfunctioning Circuits

The brain quickly learnt that cocaine feels good and there are now strong pathways in the subconscious brain part are driving the compulsion. However, the subconscious is a primitive instinctive part of the brain and it it's only recalls the initial reward. Even when clients are no longer experiencing ANY reward, this programme has been set!

So it's a glitch in the brain architecture. The subconscious runs 95% of our actions, beliefs and feelings. Its mega powerful and the conscious - reasoning part (nicely impaired now by repeated use) is no match for it.

You may go weeks, it may just be weekends or in a certain environment, or it may be daily use. But once that subconscious cue has been triggered, it's almost impossible to make the right choice. I had one client who told me even whilst he was cutting the line, he knew he didn't want it but was almost in a trance going through the motions and powerless to stop!

A brain pattern may be formed from purely exposure to a substance and this is evident when there has never been any other obsessive or addictive prior to this and this may be the level where your addiction lies, however there is often a deeper cause

Our Brains Are Shaped By Experiences.

'The core patterns, or main structure of your brain is formed in the first 18 months of your your life,' according to Paediatric Neurologist and Author, Dr. Andrew Curran. When you are born you have 10 Billion unconnected nerve cells and over childhood an up to early adulthood these are connecting and forming neural pathways. Experiences and beliefs formed in early life, become the foundations which shape our personalities, likes, dislikes etc

Gabor Maté; a doctor and author, who specialised in childhood development, worked with addicts on Skid Row in Vancouver for decades. He disregards the abstinence-based drug programmes as their approach does not treat the root cause of the problem.

He explains that addiction stems from childhood pain, trauma, or emotional disconnection. The brain adapts to cope, using substances or behaviours for relief.

Maybe Addiction Isn't About the Substance.

It's about a younger version of you that never learned how to feel safe, calm, or supported — and just had to find a way to cope.

I may point out here that I'm not saying you if you have addiction, you must have had an awful and traumatic childhood. However *our reaction* to situations is often the most critical aspect. Upsetting events as a child or slight but persistent negative influences can be very damaging and the effects can be evident decades later. The bizarre thing is, all of this is at a subconscious level - so we are completely unaware of the connection that these events have on how we feel today!

You are not responsible for circumstances in which shaped your brain. However, you are no longer a kid, adapting to survive. You are and adult and are responsible for the decisions you that affect you and those around you now.

The Good News

The Brain is very adaptive, and scientifically it has been proved that brain connections can be modified and new pathways formed. Dr Anna Lembke states in her book 'Dopamine Nation' that 'although some brain changes due to addiction are irreversible, it is possible to detour around these damaged areas, by creating new neural networks....we can find new synaptic pathways to create healthy behaviours.'

So if any of this resonates with you know this

You are not broken, weak, or a bad person Your brain adapted – whether it was just exposure to the substance – or childhood experiences, either way this can be changed.

CASE STUDY

CLIENT OVERVIEW

Mark, a successful and highly driven businessman and company owner. Mid thirties, married with 2 kids

THE ISSUE

Mark started drugs at 19, progressing from weed to m-cat. It was a fun weekend and party lifestyle then started using cocaine and had been using of over 10 years.

His main reason for use was 'A reward - Something for Me.' He was under a lot of pressure and this was the only release. It had become his coping strategy.

He was frequently spending £1200 on a bender, which would always start with 'I'll just do one' but then always got out of control - often resulting in going missing for 3 days - sitting in his van using alone

Over the years he noticed that he was becoming less of himself. The big personality he had faded, he was being secretive, pocketing 'cash jobs' and often letting people down. He said he ruined Christmas and Halloween.

He said he 'Hated it - but just can't stop.' He felt he was running on 20%, putting a smile on, but not being ok. He knew things were out of control.

Mark came to me just after his wife kicked him out. He felt a lot of guilt, frustration and regret and felt this was his last chance

THE PROCESS

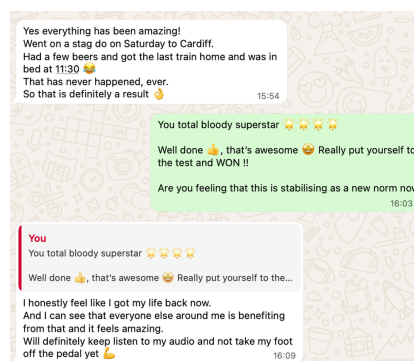
Mark signed up to my 28 Day RTT Programme.

After 7 days he said he had not drunk alcohol since our session (a big trigger), but did go to the pub and have a 0% beer, played pool and enjoyed the evening more than would have if had been on cocaine

After day 14 'This is the best I have felt in ages.' His business was doing well, he was back home and getting on with his wife really well and his daughter was also wanting to be around him more. He had a small car crash, usually something like this would have resulted in him calling the dealer, but he didn't.

THE OUTCOME

At the end of the programme I had this text from him



I have helped many people address their addiction issues, here are just a few quotes from previous clients:

'It was starting to take over my life! This short and unbelievably powerful programme, quickly dived into my behaviours. After working with Nikki, the demons are gone and its not crippling, controlling or driving me anymore. I feel I'm on such a happier path.'



I tried therapy CBT / counselling before, but it didn't work. I went to CAVDAS, but I didn't have the profile of addict, so they couldn't help. Since working with Nikki, I did use once, but did just one line and it didn't escalate into a bender. Since then I have been clean 6 weeks and thats the longest time ever. I have put on weight (a good thing) got back into the gym and am getting a good routine back in my life. This feels like an upward spiral now.'



"I had a severe addiction to cocaine, other addictions as well, but cocaine was the main one. It was ruining my relationship and career, but after a few sessions with Nikki my life is on a different path. It reformed bmy relationship and understanding of my own brain. I see now how damaging it was."



After working with many clients suffering from addiction I have developed a specific programme 'The Pressure Loop Programme.' Using Rapid Transformational Therapy (RTT) plus additional support based on my own research and experience I have created a 8-12 week transformation programme for people who know they need help, but don't want rehab.

This programme enables you to:

See the Reality. - Break pattern. - Install a new programme

If you REALLY want to quit. If you want to transform your life like so many of my other clients. If you are ready to commit to changing and getting yourself back on the life path you want to be living! RTT could be just what you are looking for

To find out more book [Confidential Consultation](#)

A handwritten signature in black ink that reads "Nikki" with a small 'x' mark at the end.

Nikki Brooke

Rapid Transformational Therapist

Creator of The Pressure Loop Programme™

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