

The I Don't Method ————— You Have the Power to Change.



Start by accepting that *you can 'rewire' your brain* by creating:



The Method



Self-Awareness

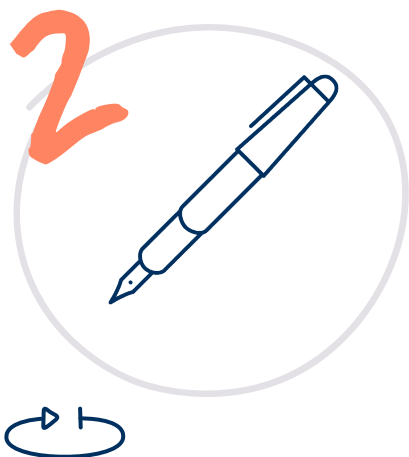
Become aware of your thought process, negative thinking, and/or behavior/habit you want to change.



Principle: Our beliefs determine our behavior.

Now is the time to be honest with yourself.

You are battling something that's negatively impacting your life.



Give it Words

Write down on paper the behavior/habit you want to change.

*EXAMPLE:
I want to stop vaping.*



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Why?

There's a trigger causing your unwanted habit.

So ask yourself:

* What **patterns** lead to the habit/behavior you're trying to shake off?

* **WHY** are you **indulging** in it?

It helps to write down the words/reasons you believe lead to these behaviors.

EXAMPLE:

My partner stresses me to the point of anger.
I need to vape to calm down.

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Is This True?

Example:
Is vaping the only way you can **relax**?

What other things help you relax?

Write them down.
Re-read them.

What do they tell you? **That you can relax WITHOUT vaping.**



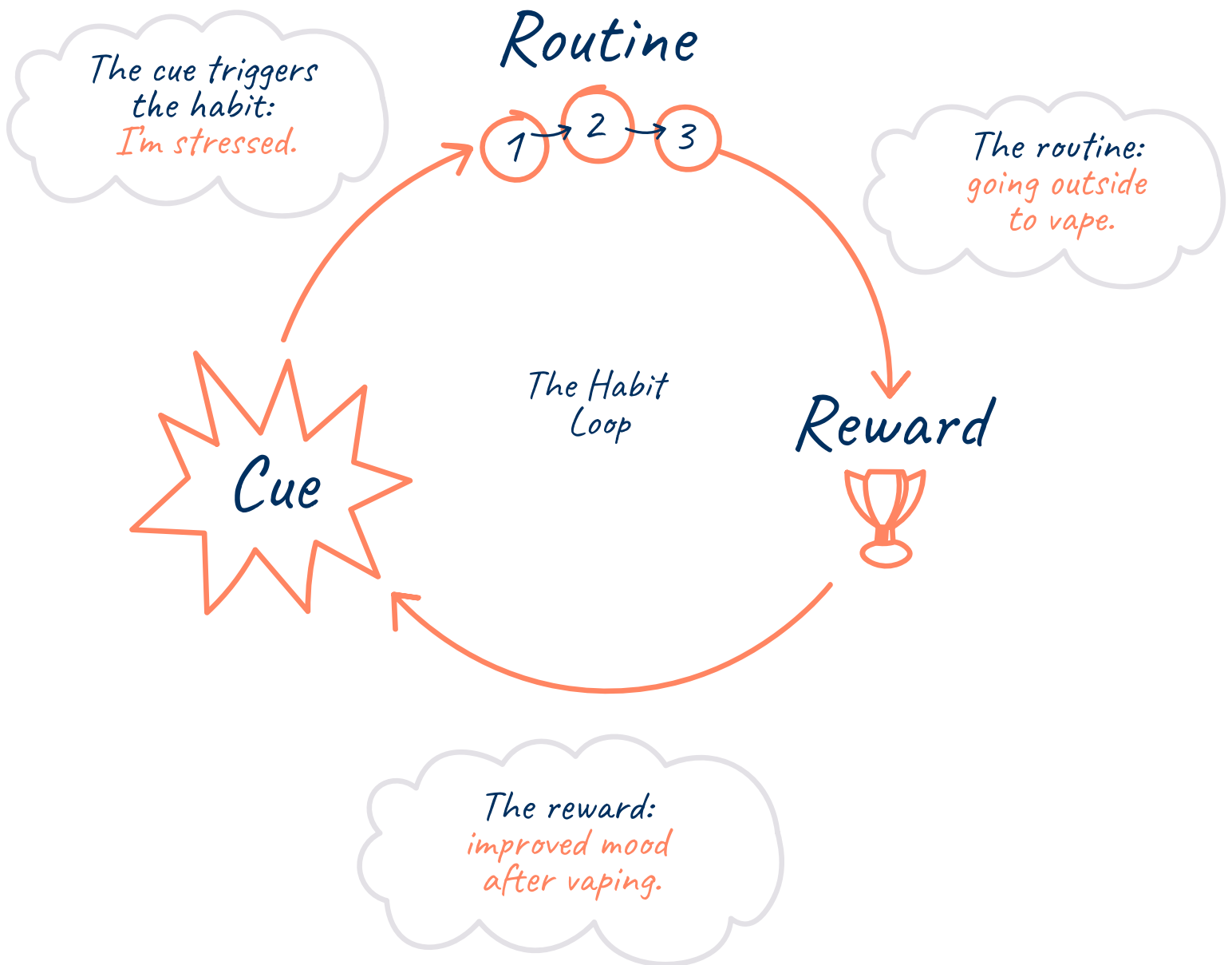
So it's **NOT TRUE** that vaping is the only behavior that fixes you" when you're stressed.

If you put your mind to it, **YOU** can think of hundreds of examples – hundreds of new truths that are **positive and don't affect your health.**

YOU are in control. Because **YOU** are now aware.
And **YOU** have the power to change **YOUR** truth.

Create a NEW Habit Loop

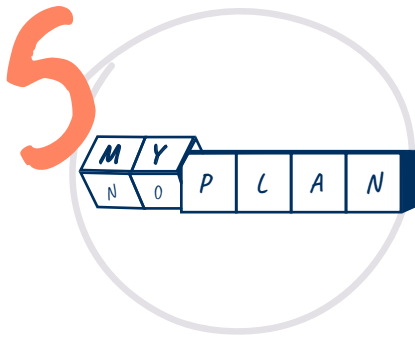
Every habit consists of 3 elements - a cue, a routine and a reward.



* You must identify the cue and reward associated with the habit/behavior you want to change.

* Considering that the cue will happen again (you will be stressed again at some point) and you will still crave the same reward (less stress), let's try to change the routine that gets you there.





You CAN change.

Now that you know your cues, use your willpower to change.

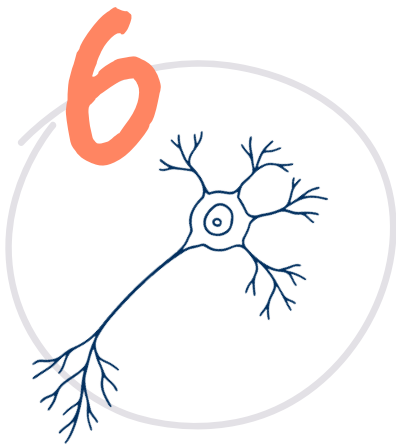
Never forget that YOU are in complete control of your thoughts.

You need to **change** the words in your narrative



Knowing that this will **impact** the pathways in your brain and in time

= create new connections.



Voicing your new truth.

What you think and say about yourself - using the words

'I don't _____'

sets a positive and powerful mental agreement (something your mind believes, agrees and is strongly committed to)

"I don't need to vape to relax."

This will now be a **defining statement** for you, and all your

decisions + actions

= will **reset your truth** about who you are.



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Create your personal "I don't" statement.

Write down your personal "I Don't!" statement.



What positive statements will you use to replace your negative thinking?

Think of a personal, positive, truthful statement.

1 "I don't need to vape to relax."

2 I am in control of my decisions.

3 And I choose to be healthy."

I don't vape.

The principle is simple: Take responsibility for yourself by **managing your thoughts** - replacing the negative with the positive.

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Practice your "I don't" statement repeatedly.

Repeat your "I don't!" statement and new truth throughout the day. Keep repeating it until it becomes an unconscious habit.

It's up to you.

