

Stop – Breathe – Focus – by Mary Augustyn

Choose positive behavior and create the life you want! Learn and use Stop-Breathe-Focus and you will eliminate unwanted behaviors; manage your emotions, create options and opportunities, discover your thought patterns, build self-esteem and reclaim your power through personal responsibility.

SBF – Stop – Breathe – Focus is simple and comprehensive. Saying STOP interrupts the behavior. Specific breath work redirects your attention. Focusing allows you to turn inward for dramatic change.

You may be feeling hopeless, desperate and exhausted. You've already tried to stop the behavior that has been hurting you or others. And you have every intention to quit. Yet, it seems that you can't. What do you need to change? Here are some of the compulsive behaviors that are helped by this technique:

Impulsive/Compulsive Behaviors

- Violence against others
- Violence against self/self-mutilation
- Child Abuse
- Repetitive checking behaviors; checking lights, locks, switches, etc.
- Recurring/persistent troubling thoughts
- Excessive washing and cleaning
- Intrusive doubts
- Need for things to be in particular order
- Out of control spending
- Credit card debt
- Extremely controlling behavior towards family, friends, co-workers, others

Addictive Behaviors

- Alcohol abuse
- Drug use
- Sex Addiction
- Pornography
- Excessive Masturbation
- Gambling
- Work
- Cyber Addiction (Computers)
- Bingeing and Purging
- Overeating and Starvation
- TV Watching
- Video Games
- Excessive Cosmetic Surgery
- Extreme Tattooing

- Sports
- Adrenaline Junky
- Risk Taking
- Shoplifting

Anxiety Driven Behaviors

- Post Traumatic Stress Disorder
- Panic Attacks
- Excessive Worry
- Phobias
 - Fear of Public Speaking
 - Fear of Flying
 - Fear of Traveling
 - Fear of Closed-in Places
 - Fear of Insects/Snakes/Animals
 - Fear of Heights
 - Fear of Storms/Lightening/Thunder/Floods
 - Fear of Shots/Needles
- Face Picking
- Hair Pulling
- Nail Biting
- Eye Blinking
- Lip licking
- Obsessing

These “acting out” behaviors hurt you and those you love. You can stop them immediately by learning the SBF technique.

Art, Sue, Pat, Glenda, Sylvia and Jack are each caught in the swirl of one or more compulsive behaviors. Their lives are severely limited and challenged by these behaviors. Their stories will guide you through each step of the SBF technique.

Art just got to move back home. The court issued a no contact restraining order after he pushed his wife, Sarah, down the stairs and broke her ankle. Sarah asked the court to drop the restraining order because she wants to keep the family together but she also wants Art to get help. Art says he didn’t mean to hurt her but she wouldn’t stop nagging him. He has trouble admitting that this wasn’t the first time he was violent toward Sarah.

Sue is a young mother of three children. After twenty-eight days in rehab and three additional months of sobriety, Sue relapsed. She has a serious neurological illness from alcoholism and her husband is afraid she will die and leave him alone with their three children. Sue works with her sponsor daily and has received her thirty day chip from her Alcoholics Anonymous meetings. Sue is struggling to stay sober.

Pat has acquired \$69,000 in credit card debt. He likes to wear designer jeans, enjoys fine dining, makes regular trips to Las Vegas and orders merchandise from television shopping networks. Recently he's discovered online poker. The atmosphere isn't as fun and exciting as the casinos but he still gets a rush from winning. He loves how he feels when spending money and gambling. The bank is getting ready to foreclose on his house.

Glenda has several boxes of laxatives in her freezer. She was morbidly obese but has lost three hundred pounds over the last two years. Occasionally Glenda binges and follows up with laxatives and excessive exercise. Her compulsion to vomit has mostly subsided but occasionally she will revert to this old behavior and throw up after she eats. Glenda only feels good about herself when she feels really empty.

Sylvia has trouble leaving her house. It started out with panic attacks whenever she would cross a bridge. Her heart pounded and her hands trembled; she felt light-headed and as if she would die. A sense of impending doom overwhelmed her and she could not drive across the bridge. The problem next extended to the grocery store. The same set of symptoms would cause her to abandon her grocery cart and leave the store. It's becoming difficult for her to go shopping anywhere and lately it's even been terrifying for her to go to work. As a single woman she has no one else to rely on and needs her job to keep her apartment and her life afloat.

Jack is a sex addict. He started masturbating when he was a kid. Online pornography makes it easy for him to collect material to use for masturbation in the privacy of his home. He spends thousands of dollars for cyber sex. No longer aroused by his wife because she's so "ordinary", Jack cruises the night scene downtown looking for more interesting women. Twice he's had to go to the doctor to be treated for venereal disease. Recently he was arrested for soliciting a prostitute. He's in jeopardy of losing his family and his job.

What is the behavior YOU want to stop, now? You may have several behaviors that are creating problems so it is important to figure out which one is most harmful and causing dire consequences in your life.