

101 Benefits from Hypnotherapy...just one could change your life!

FEARS & PHOBIAS

Public Speaking
Flying
Death
Stage Fright
Doctor/Dentist
Animals
Heights
Success/Failure
Agoraphobia
Claustrophobia

SELF

Increase Self-Confidence
Increase Self-Awareness
Increase Self-Forgiveness
Increase Self-Control
Achieve Self-Mastery
Learn Self Hypnosis

HABIT CONTROL

Smoking
Nail-Biting
Hair-Twisting

Perfectionism
Substance Abuse
Obsessive-Compulsive
Tardiness
Procrastination
Thumb-Sucking

ELIMINATE NEGATIVE BEHAVIORS

Worry
Passive-Aggressive
Pessimism
Aggression
Hostility
Indecision
Stubbornness
Irrational Thoughts

ENHANCE POSITIVE BEHAVIORS

Motivation
Exercise
Forgiveness
Concentration

Career Performance
Sports Performance
Study Habits
Goal Achievement
Assertiveness
Communication
Creativity
Relaxation

IDENTIFY & RESOLVE FEELINGS

Temptation
Inferiority
Superiority
Jealousy
Rejection
Shame
Victimization
Insecurity
Abandonment
Guilt
Sadness
Anger
Frustration

Grief
Anxiety

EXPLORATION

Another Life
Inner Guide
Transitional Imagery
Dream Therapy
Art Therapy

PHYSICAL ISSUES

Pain Management
Anesthesia
Memory Improvement
Irritable Bowel Syndrome
Hypertension
Addictions
Presurgical & Postsurgical
Gagging
Headaches
Immune System
Breathing
Nausea
Cravings
Panic Attacks

Moodiness
Weight Loss/Gain
Stuttering
Sleeplessness
Skin Problems
Sexuality
Low Libido
Orgasmic Potential
Breast Enlargement
Erection Enhancement
Premature Ejaculation
Performance Anxiety
Impotency
Fertility
Childbirth
Death Preparation &
Transition

WELL-BEING

Prosperity
Relationship Strategies
Parenting
Relaxation
Problem Solving