



## **146 WAYS HYPNOTHERAPY MIGHT HELP YOU**

1. Self-Confidence
2. Motivation
3. Self-Image
4. Stress
5. Anger
6. Frustration
7. Worry
8. Guilt
9. Forgiveness
10. Nail Biting
11. Anxiety
12. Assertiveness
13. Public Speaking
14. Memory
15. Concentration
16. Lower Blood Pressure
17. Smoking
18. Stage Fright
19. Reach Goals
20. Procrastination
21. Change Habits
22. Improve Sales
23. Attitude Adjustment
24. Career Success
25. Exam Anxiety
26. Relationship Enhancement
27. Hair Twisting
28. Nausea
29. Surgical Recovery
30. Tardiness
31. Gambling
32. Performance Anxiety
33. Perfectionism
34. Lack of Initiative
35. Self-Expression
36. Helplessness
37. Hopelessness
38. Overly Critical
39. Negativism
40. Death or Loss
41. Weight Loss
42. Substance Abuse
43. Study Habits
44. Fears
45. Phobias
46. Insomnia
47. Pain Management
48. Sports
49. Stuttering
50. Fear of Dentist
51. Fear of Doctor
52. Fear of Surgery
53. Assist Healing
54. Impotency
55. Child Birth
56. Sexual Problems
57. Agoraphobia
58. Obsessions
59. Passive-Aggressive
60. Obsessive-Compulsive
61. Relaxation
62. Addictions
63. Improve Health
64. Bed Wetting
65. Sleep Disorders
66. Skin Problems
67. Medication Side Effects
68. Premature Ejaculation
69. Inhibition
70. Fear of Flying
71. Fear of Heights
72. Fear of Water
73. Fear of Animals
74. Communication
75. Self-Defeating Behaviors
76. Self-Criticism
77. Irritability
78. Pessimism
79. Controlling
80. Social Phobia

81. Panic Attacks
82. Temptation
83. Hypochondria
84. Self-Awareness
85. Aggression
86. Self-Esteem
87. Self-Blame
88. Hostility
89. Moodiness
90. Overeating
91. Age Regression
92. Past Life Regression
93. Irrational thoughts
94. Lack of Enthusiasm
95. Lack of Direction
96. Ulcers
97. Writers Block
98. Tics
99. Abandonment
100. Exercise
101. Cravings
102. Creativity
103. Trauma
104. Fear of School
105. Chronic Pain
106. Problem Solving
107. Hypertension
108. Resistance
109. Responsibility
110. Self-Forgiveness
111. Thumb Sucking
112. Stubborn
113. Irrational
114. Discouraged
115. Fear Loss of Control
116. Fear of Failure
117. Fear of Success
118. Lack of Ambition
119. Self-Control
120. Inferiority
121. Superiority
122. Jealousy
123. Rejection
124. Shame
125. Indecision
126. Resistance to Change
127. Self-Hypnosis
128. Restlessness
129. Sadness
130. Insecurity
131. Mistrust
132. Victimization
133. Anesthesia
134. Biofeedback
135. Presurgical
136. Postsurgical
137. Cramps
138. Gagging
139. Dreams
140. Nightmares
141. Headaches
142. Immune System
143. Fear of Death
144. Relaxation
145. Breathing
146. Self-Mastery