

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
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

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| 23. Attitude Adjustment | 63. Improve Health |
| 24. Career Success | 64. Bed Wetting |
| 25. Exam Anxiety | 65. Sleep Disorders |
| 26. Relationship Enhancement | 66. Skin Problems |
| 27. Hair Twisting | 67. Medication Side Effects |
| 28. Nausea | 68. Premature Ejaculation |
| 29. Surgical Recovery | 69. Inhibition |
| 30. Tardiness | 70. Fear of Flying |
| 31. Gambling | 71. Fear of Heights |
| 32. Performance Anxiety | 72. Fear of Water |
| 33. Perfectionism | 73. Fear of Animals |
| 34. Lack of Initiative | 74. Communication |
| 35. Self-Expression | 75. Self-Defeating Behaviors |
| 36. Helplessness | 76. Self-Criticism |
| 37. Hopelessness | 77. Irritability |
| 38. Overly Critical | 78. Pessimism |
| 39. Negativism | 79. Controlling |
| 40. Death or Loss | 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. Self-Mastery
95. Lack of Direction
96. Ulcers
97. Writers Block
98. Chronic Pain
99. Abandonment
100. Exercise
101. Cravings
102. Creativity
103. Trauma
104. Fear of School
105. Tics
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. Fear of Death
142. Immune System
143. Headaches
144. Relaxation
145. Breathing
146. Lack of Enthusiasm

