

## 145 Ways Hypnotherapy Might Help You

Abandonment Addictions Age Regression Aggression

Agoraphobia Anesthesia

Anger Anxiety

Assist Healing

Attitude Adjustment

Bed Wetting Biofeedback Breathing

Career Success

Change Habits
Childbirth

Chronic Pain Communication

Concentration Controlling Cramps

Cravings
Creativity
Death or Loss
Discouraged

Dreams

Exam Anxiety

Exercise

Fear of Animals

Fear of Death Fear of Dentist Fear of Doctor Fear of Failure

Fear of Flying Fear of Heights

Fear of Loss of Control

Fear of School Fear of Success Fear of Surgery

Fear of Water Fears

Forgiveness Frustration Gagging Gambling

Guilt

Hair Twisting Headaches Helplessness Hopelessness Hypochondria

Hostility
Hypertension
Immune System

Impotency Improve Health

Improve Sales Indecision Inferiority Inhibition Insecurity

Insomnia Irrational

Irrational thoughts

Irritability Jealousy

Lack of Ambition
Lack of Direction
Lack of Enthusiasm
Lack of Initiative

Lower Blood Pressure Medication Side Effects

Memory

Mistrust

Moodiness Motivation Nail Biting

Nausea Negativism Nightmares Obsessions

Obsessive-Compulsive

Overeating
Overly Critical
Pain Management
Panic Attacks

Passive-Aggressive
Past Life Regression

Perfectionism

Performance Anxiety

Pessimism Phobias Postsurgical

Premature Ejaculation

Presurgical
Problem Solving
Procrastination
Public Speaking
Reach Goals
Rejection
Relationship
Enhancement
Relaxation

Resistance to Change

Responsibility Restlessness Sadness

Resistance

Self-Awareness Self-Blame Self-Confidence Self-Control

Self-Criticism

Self-Defeating Behaviors

Self-Esteem Self-Expression Self-Forgiveness Self-Hypnosis Self-Image Self-Mastery

Shame

Skin Problems Sleep Disorders

Sexual Problems

Smoking Social Phobia

**Sports** 

Stage Fright

Stress

Study Habits Stuttering Stubborn

Substance Abuse

Superiority

Surgical Recovery

Tardiness
Temptation
Thumb Sucking

Tics Trauma Ulcers

Victimization Weight Loss

Worry

Writers Block