

145 Ways Hypnotherapy Might Help You

Abandonment	Fear of School	Mistrust	Self-Confidence
Addictions	Fear of Success	Moodiness	Self-Control
Age Regression	Fear of Surgery	Motivation	Self-Criticism
Aggression	Fear of Water	Nail Biting	Self-Defeating Behaviors
Agoraphobia	Fears	Nausea	Self-Esteem
Anesthesia	Forgiveness	Negativism	Self-Expression
Anger	Frustration	Nightmares	Self-Forgiveness
Anxiety	Gagging	Obsessions	Self-Hypnosis
Assertiveness	Gambling	Obsessive-Compulsive	Self-Image
Assist Healing	Guilt	Overeating	Self-Mastery
Attitude Adjustment	Hair Twisting	Overly Critical	Sexual Problems
Bed Wetting	Headaches	Pain Management	Shame
Biofeedback	Helplessness	Panic Attacks	Skin Problems
Breathing	Hopelessness	Passive-Aggressive	Sleep Disorders
Career Success	Hypochondria	Past Life Regression	Smoking
Change Habits	Hostility	Perfectionism	Social Phobia
Childbirth	Hypertension	Performance Anxiety	Sports
Chronic Pain	Immune System	Pessimism	Stage Fright
Communication	Impotency	Phobias	Stress
Concentration	Improve Health	Postsurgical	Study Habits
Controlling	Improve Sales	Premature Ejaculation	Stuttering
Cramps	Indecision	Presurgical	Stubborn
Cravings	Inferiority	Problem Solving	Substance Abuse
Creativity	Inhibition	Procrastination	Superiority
Death or Loss	Insecurity	Public Speaking	Surgical Recovery
Discouraged	Insomnia	Reach Goals	Tardiness
Dreams	Irrational	Rejection	Temptation
Exam Anxiety	Irrational thoughts	Relationship Enhancement	Thumb Sucking
Exercise	Irritability	Relaxation	Tics
Fear of Animals	Jealousy	Resistance	Trauma
Fear of Death	Lack of Ambition	Resistance to Change	Ulcers
Fear of Dentist	Lack of Direction	Responsibility	Victimization
Fear of Doctor	Lack of Enthusiasm	Restlessness	Weight Loss
Fear of Failure	Lack of Initiative	Sadness	Worry
Fear of Flying	Lower Blood Pressure	Self-Awareness	Writers Block
Fear of Heights	Medication Side Effects	Self-Blame	
Fear of Loss of Control	Memory		