



146 Ways Hypnotherapy Might Help You

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|------------------------------|-------------------------|-----------------------------|------------------------------|--------------------------|
| 1. Self-confidence | 31. Breathing | 61. Passive-aggressive | 91. Hostility | 121. Immune system |
| 2. Motivation | 32. Gambling | 62. Obsessive-compulsive | 92. Moodiness | 122. Fear of death |
| 3. Self-image | 33. Performance anxiety | 63. Relaxation | 93. Overeating | 123. Lack of ambition |
| 4. Stress | 34. Perfectionism | 64. Addictions | 94. Age regression | 124. Self-control |
| 5. Anger | 35. Lack of initiative | 65. Improve health | 95. Past life regression | 125. Inferiority |
| 6. Frustration | 36. Self-expression | 66. Bedwetting | 96. Irrational thoughts | 126. Superiority |
| 7. Worry | 37. Helplessness | 67. Sleep disorders | 97. Lack of enthusiasm | 127. Jealousy |
| 8. Guilt | 38. Hopelessness | 68. Skin problems | 98. Lack of direction | 128. Rejection |
| 9. Forgiveness | 39. Overly critical | 69. Medication side effects | 99. Ulcers | 129. Shame |
| 10. Nail biting | 40. Negativism | 70. Premature ejaculation | 100. Writer's block | 130. Indecision |
| 11. Anxiety | 41. Death or loss | 71. Inhibition | 101. Tics | 131. Resistant to change |
| 12. Assertiveness | 42. Weight loss | 72. Fear of flying | 102. Abandonment | 132. Self-hypnosis |
| 13. Public speaking | 43. Substance abuse | 73. Fear of heights | 103. Exercise | 133. Restlessness |
| 14. Memory | 44. Study habits | 74. Fear of Water | 104. Cravings | 134. Sadness |
| 15. Concentration | 45. Fears | 75. Fear of animals | 105. Creativity | 135. Insecurity |
| 16. Lower blood pressure | 46. Phobias | 76. Communication | 106. Trauma | 136. Mistrust |
| 17. Smoking | 47. Insomnia | 77. Self-defeating behavior | 107. Fear of school | 137. Victimization |
| 18. Stage fright | 48. Pain management | 78. Self-criticism | 108. Chronic pain | 138. Anesthesia |
| 19. Reach goals | 49. Sports | 79. Irritability | 109. Problem solving | 139. Biofeedback |
| 20. Procrastination | 50. Stuttering | 80. Pessimism | 110. Hypertension | 140. Pre-surgery |
| 21. Habit change | 51. Fear of dentist | 81. Controlling | 111. Resistance | 141. Post-surgery |
| 22. Improve sales | 52. Fear of doctor | 82. Social phobia | 112. Responsibility | 142. Cramps |
| 23. Attitude adjustment | 53. Fear of surgery | 83. Panic attacks | 113. Self-forgiveness | 143. Gagging |
| 24. Career success | 54. Assist healing | 84. Temptation | 114. Thumb sucking | 144. Dreams |
| 25. Exam anxiety | 55. Impotency | 85. Hypochondria | 115. Stubborn | 145. Nightmares |
| 26. Relationship enhancement | 56. Child birth | 86. Self-awareness | 116. Irrational | 146. Headaches |
| 27. Hair twisting | 57. Sexual problems | 87. Aggression | 117. Discouraged | |
| 28. Nausea | 58. Agoraphobia | 88. Self-esteem | 118. Fear of loss of control | |
| 29. Surgical recovery | 59. Obsessions | 89. Self-blame | 119. Fear of failure | |
| 30. Tardiness | 60. Self-mastery | 90. Intuition | 120. Fear of success | |