

146 Ways Hypnotherapy Might Help You

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