

## 145 Ways Hypnotherapy Might Help You

Abandonment Addictions Age Regression Aggression Agoraphobia Anesthesia Anger Anxiety Assertiveness 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 Resistance to Change Responsibility Restlessness Sadness 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 Sexual Problems Shame **Skin Problems** Sleep Disorders 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