

## Hypnosis can help

Abandonment	Discouraged	Hypochondria	Moodiness
Addictions	Dreams	Hostility	Motivation
Age Regression	Exam Anxiety	Hypertension	Nail Biting
Aggression	Exercise	Immune System	Nausea
Agoraphobia	Fear of Animals	Impotency	Negativism
Anesthesia	Fear of Death	Improve Health	Nightmares
Anger	Fear of Dentist	Improve Sales	Obsessions
Anxiety	Fear of Doctor	Indecision	Obsessive-Compulsive
Assertiveness	Fear of Failure	Inferiority	Overeating
Assist Healing	Fear of Flying	Inhibition	Overly Critical
Attitude Adjustment	Fear of Heights	Insecurity	Pain Management
Bed Wetting	Fear of Loss of Control	Insomnia	Panic Attacks
Biofeedback	Fear of School	Irrational	Passive-Aggressive
Breathing	Fear of Success	Irrational thoughts	Past Life Regression
Career Success	Fear of Surgery	Irritability	Perfectionism
Change Habits	Fear of Water	Jealousy	Performance Anxiety
Child Birth	Fears	Lack of Ambition	Pessimism
Chronic Pain	Forgiveness	Lack of Direction	Phobias
Communication	Frustration	Lack of Enthusiasm	Postsurgical
Concentration	Gagging	Lack of Initiative	Premature Ejaculation
Controlling	Gambling	Lower Blood Pressure	Presurgical
Cramps	Guilt	Medication Side Effects	
Cravings	Hair Twisting		
Creativity	Headaches		

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Death or Loss	Helplessness	Memory	Problem Solving
Procrastination	Shame	Mistrust	
Public Speaking	Skin Problems		
Reach Goals	Sleep Disorders		
Rejection	Smoking		
Relationship Enhancement	Social Phobia		
Relaxation	Sports		
Resistance	Stage Fright		
Resistance to Change	Stress		
Responsibility	Study Habits		
Restlessness	Stuttering		
Sadness	Stubborn		
Self-Awareness	Substance Abuse		
Self-Blame	Superiority		
Self-Confidence	Surgical Recovery		
Self-Control	Tardiness		
Self-Criticism	Temptation		
Self-Defeating Behaviors	Thumb Sucking		
Self-Esteem	Tics		
Self-Expression	Trauma		
Self-Forgiveness	Ulcers		
Self-Hypnosis	Victimization		
	Weight Loss		
	Worry		

## Hypnosis can help

Self-Image	Writers Block		
Self-Mastery			
Sexual Problems			