

Specific Issues and Line Numbers

146 RECOGNIZED WAYS HYPNOTHERAPY MIGHT HELP YOU

1. Self-Confidence
2. Motivation
3. Self-Image
4. Stress
5. Anger
6. Frustration
7. Worry
8. Guilt
9. Forgiveness
10. Nail Biting
11. Anxiety
12. Assertiveness
13. Public Speaking
14. Memory
15. Concentration
16. Lower Blood Pressure
17. Smoking
18. Stage Fright
19. Reaching Goals
20. Procrastination
21. Changing Habits
22. Improving Sales
23. Attitude Adjustment
24. Career Success
25. Exam Anxiety
26. Relationship Enhancement
27. Hair Twisting
28. Nausea
29. Surgical Recovery
30. Tardiness
31. Gambling
32. Performance Anxiety
33. Perfectionism
34. Lack of Initiative
35. Self-Expression
36. Helplessness
37. Hopelessness
38. Overly Critical
39. Negativism
40. Grief from Death or Loss
41. Weight Loss
42. Substance Abuse
43. Study Habits
44. Fears
45. Phobias
46. Insomnia
47. Pain Management
48. Sports
49. Stuttering
50. Fear of Dentist
51. Fear of Doctor
52. Fear of Surgery
53. Assisting Healing
54. Impotency
55. Child Birth
56. Sexual Problems
57. Agoraphobia
58. Obsessions
59. Passive-Aggressiveness
60. Obsessive-Compulsiveness
61. Relaxation
62. Addictions
63. Improving Health
64. Bed Wetting
65. Sleep Disorders
66. Skin Problems
67. Medication Side Effects
68. Premature Ejaculation
69. Inhibition
70. Fear of Flying
71. Fear of Heights
72. Fear of Water
73. Fear of Animals
74. Communication
75. Self-Defeating Behaviors
76. Self-Criticism
77. Irritability
78. Pessimism
79. Controlling Attitudes/Behavior
80. Social Phobia

Specific Issues and Line Numbers Page 2

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|----------------------------|--------------------------------|
| 81. Panic Attacks | 114. Discouragement |
| 82. Temptation | 115. Fear Loss of Control |
| 83. Hypochondria | 116. Fear of Failure |
| 84. Self-Awareness | 117. Fear of Success |
| 85. Aggression | 118. Lack of Ambition |
| 86. Self-Esteem | 119. Self-Control |
| 87. Self-Blame | 120. Inferiority |
| 88. Hostility | 121. Superiority |
| 89. Moodiness | 122. Jealousy |
| 90. Overeating | 123. Rejection |
| 91. Age Regression | 124. Shame |
| 92. Life Regression | 125. Indecision |
| 93. Irrational thoughts | 126. Resistance to Change |
| 94. Lack of Enthusiasm | 127. Self-Hypnosis |
| 95. Lack of Direction | 128. Restlessness |
| 96. Ulcers | 129. Sadness |
| 97. Writers Block | 130. Insecurity |
| 98. Tics | 131. Mistrust |
| 99. Abandonment | 132. Victimization |
| 100. Exercise | 133. Anesthesia |
| 101. Cravings | 134. Biofeedback |
| 102. Creativity | 135. Presurgical Conditioning |
| 103. Trauma | 136. Postsurgical Conditioning |
| 104. Fear of School | 137. Cramps |
| 105. Chronic Pain | 138. Gagging |
| 106. Problem Solving | 139. Dreams |
| 107. Hypertensive Syndrome | 140. Nightmares |
| 108. Resistance-Conflict | 141. Headaches |
| 109. Responsibility | 142. Immune System |
| 110. Self-Forgiveness | 143. Fear of Death |
| 111. Thumb Sucking | 144. Relaxation |
| 112. Stubbornness | 145. Breathing |
| 113. Irrational Behavior | 146. Self-Mastery |