



MIND MATTERS®  
HYPNOSIS CENTER, LLC

## What Hypnosis Can Help With

Below you will find a list of the various things hypnosis can help with. We recommend you print out these pages and mark the concerns that apply to you.

Issues followed by an (\*) will require a medical or psychological referral. Download the referral forms at [www.mindmattershypnosis.com/before-your-session](http://www.mindmattershypnosis.com/before-your-session).

---

### MENTAL

- Alcohol Dependence\*
- Conduct Issues
- Chronic Negative Thought Patterns
- Disorganization
- Fears & Apprehensions
- Gambling/Gaming
- Habitually Worried or Fearful\*
- Hoarding\*
- Inability to Focus or Concentrate
- Insecure/Low Self-Esteem
- Intrusive or Unwanted Thoughts
- Lack of Motivation
- Learning Block & Test Anxiety
- Memory Challenges
- Procrastination
- Self-Hypnosis
- Substandard Job Performance
- Nicotine Dependence
- Obsessive Mind\*
- Overactive Mind
- Pornography
- Smoking
- Substance Dependence\*
- Unwanted Habits of All Kinds
- Work or Relationship Stress

### EMOTIONAL

- Childbirth Fears
- Chronic Sadness, Grief or Missing\*
- Chronic Stress/Tension
- Conduct Issues
- Divorce Wounds
- Driving Fears
- Fears of All Kinds
- Emotional Eating
- Excessive Anger/Frustration
- Fear of Public Speaking
- Gambling/Gaming
- Habitually Sad\*
- Habitually Worried or Fearful\*
- Heartbreak
- Hoarding\*
- Insecure/Low Self-Esteem
- Phobias of All Kinds
- Panic Attacks\*
- Pornography
- Substance Dependent\*
- Trauma Recovery\*
- Troubled Relationships
- Unhealthy Relationship with Food
- Unhealthy Relationships with Others

## PHYSICAL

- Allergies/Asthma\*
- Bedwetting
- Body Tension/Discomfort
- Carbohydrate Addiction
- Cancer\*
- Cigarette Dependence
- Comfortable Childbirth
- Chronic Exhaustion\*
- Diabetes Management\*
- Discomfort/Pain\*
- Excess Weight
- Gut Issues\*
- Hair Pulling\*
- High Blood Pressure\*
- Impotence\*
- Inability to Sleep
- Irritable Bowel Syndrome\*
- Lack of Motivation to Exercise
- Migraines\*
- Motion Sickness
- Nail Biting
- Pre & Post Surgery Support\*
- Seizures\*
- Sexual Issues
- Sleeplessness
- Sports Challenges or Blocks
- Stuttering/Stammering\*
- Sugar or Soda Addiction
- Teeth Grinding\*
- Thumb Sucking
- Substance Dependent\*
- Unhealthy Relationship with Food

## SPIRITUAL

- Communication with Loved Ones
- Past Life Regression
- Super Conscious Connection
- Soul Purpose Exploration
- Soul Healing
- Spiritual Disconnect
- Spirit Communication
- Trance Answers