



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.

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
- Sub-Standard 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

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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