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 Pubic 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