

催眠可以幫助你的146種狀況

- ☐ 被遺棄的創傷
- ☐ 成癮
- ☐ 過度活躍
- ☐ 年齡回溯
- ☐ 攻擊型人格
- ☐ 廣場焦慮症
- ☐ 麻醉
- ☐ 氣憤情緒
- ☐ 焦慮
- ☐ 自我肯定
- ☐ 輔助治療
- ☐ 調整態度
- ☐ 尿床
- ☐ 生物反饋
- ☐ 呼吸
- ☐ 事業成就
- ☐ 改變習慣
- ☐ 分娩
- ☐ 慢性疼痛
- ☐ 溝通能力
- ☐ 專注力
- ☐ 控制力
- ☐ 抽筋
- ☐ 降低渴望感
- ☐ 創意
- ☐ 死亡或喪親情感
- ☐ 心灰意冷
- ☐ 夢境
- ☐ 練習及運動
- ☐ 恐懼動物
- ☐ 恐怕死亡
- ☐ 恐怕牙醫
- ☐ 恐怕醫生
- ☐ 懼怕失敗
- ☐ 懼怕飛行
- ☐ 畏高
- ☐ 懼怕失控
- ☐ 懼怕打針
- ☐ 懼怕成功
- ☐ 懼怕手術
- ☐ 怕水
- ☐ 寬恕別人
- ☐ 沮喪
- ☐ 作嘔
- ☐ 賭博成癮
- ☐ 罪疚感
- ☐ 搓頭髮
- ☐ 頭痛
- ☐ 無助感
- ☐ 無望感
- ☐ 敵意
- ☐ 高血壓
- ☐ 疑病症
- ☐ 免疫系統
- ☐ 陽萎
- ☐ 改善健康
- ☐ 提升銷售
- ☐ 猶豫不決
- ☐ 自卑
- ☐ 抑制
- ☐ 安全感
- ☐ 失眠
- ☐ 不理性想法
- ☐ 煩躁
- ☐ 嫉妒
- ☐ 缺乏野心
- ☐ 缺乏方向
- ☐ 缺乏熱情
- ☐ 缺乏主動性
- ☐ 降低血壓
- ☐ 藥物副作用
- ☐ 記憶
- ☐ 不信任感
- ☐ 不穩定情緒
- ☐ 缺乏動機
- ☐ 咬指甲
- ☐ 噁心
- ☐ 負面思維及情緒
- ☐ 惡夢
- ☐ 迷戀
- ☐ 強迫性
- ☐ 暴飲暴食
- ☐ 過渡批評
- ☐ 疼痛管理
- ☐ 恐慌發作
- ☐ 被動攻擊型人格
- ☐ 前世回溯
- ☐ 完美主義
- ☐ 表演焦慮
- ☐ 悲觀主義
- ☐ 恐懼症 (Phobias)
- ☐ 手術後復原
- ☐ 早洩
- ☐ 手術前心理準備
- ☐ 問題解決能力
- ☐ 拖延
- ☐ 創傷後壓力症候群
- ☐ 公開演講
- ☐ 達到目標
- ☐ 拒絕
- ☐ 人際關係
- ☐ 關係提升
- ☐ 放鬆
- ☐ 抗拒改變
- ☐ 責任感
- ☐ 躁動
- ☐ 傷心情感
- ☐ 自我意識
- ☐ 自我責備
- ☐ 提升自信
- ☐ 自我控制能力
- ☐ 自我批評
- ☐ 自我挫敗行為
- ☐ 自尊心
- ☐ 自我表達
- ☐ 自我寬恕
- ☐ 自我催眠
- ☐ 自我形象
- ☐ 自我管理
- ☐ 性問題
- ☐ 羞恥感
- ☐ 皮膚問題
- ☐ 睡眠問題
- ☐ 吸菸
- ☐ 社交恐懼
- ☐ 運動表現
- ☐ 舞台恐懼
- ☐ 壓力
- ☐ 固執
- ☐ 學習習慣
- ☐ 口吃
- ☐ 毒品成癮
- ☐ 糖癮
- ☐ 優越感
- ☐ 遲到
- ☐ 誘惑
- ☐ 耳鳴
- ☐ 測試焦慮
- ☐ 吮拇指
- ☐ 抽動
- ☐ 創傷
- ☐ 潰瘍
- ☐ 受傷情感
- ☐ 瘦身減肥
- ☐ 擔憂情感
- ☐ 寫作阻塞症

146 Ways Hypnotherapy Might Help You

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|--|--|---|---|
| ☐ Abandonment | ☐ Fear of Loss of Control | ☐ Moodiness | ☐ Self-Control |
| ☐ Addictions | ☐ Fear of Needles | ☐ Motivation | ☐ Self-Criticism |
| ☐ ADD/ADHD | ☐ Fear of Success | ☐ Nail-Biting | ☐ Self-Defeating Behaviors |
| ☐ Age Regression | ☐ Fear of Surgery | ☐ Nausea | ☐ Self-Esteem |
| ☐ Aggression | ☐ Fear of Water | ☐ Negativity | ☐ Self-Expression |
| ☐ Agoraphobia | ☐ Forgiveness | ☐ Nightmares | ☐ Self-Forgiveness |
| ☐ Anesthesia | ☐ Frustration | ☐ Obsessions | ☐ Self-Hypnosis |
| ☐ Anger | ☐ Gagging | ☐ Obsessive-Compulsive | ☐ Self-Image |
| ☐ Anxiety | ☐ Gambling | ☐ Overeating | ☐ Self-Mastery |
| ☐ Assertiveness | ☐ Guilt | ☐ Overly Critical | ☐ Sexual Problems |
| ☐ Assist Healing | ☐ Hair Twisting | ☐ Pain Management | ☐ Shame |
| ☐ Attitude Adjustment | ☐ Headaches | ☐ Panic Attacks | ☐ Skin Problems |
| ☐ Bedwetting | ☐ Helplessness | ☐ Passive-Aggressive | ☐ Sleep Disorders |
| ☐ Biofeedback | ☐ Hopelessness | ☐ Past Life Regression | ☐ Smoking |
| ☐ Breathing | ☐ Hostility | ☐ Perfectionism | ☐ Social Phobia |
| ☐ Career Success | ☐ Hypertension | ☐ Performance Anxiety | ☐ Sports |
| ☐ Change Habits | ☐ Hypochondria | ☐ Pessimism | ☐ Stage Fright |
| ☐ Childbirth | ☐ Immune System | ☐ Phobias | ☐ Stress |
| ☐ Chronic Pain | ☐ Impotency | ☐ Postsurgical | ☐ Stubbornness |
| ☐ Communication | ☐ Improve Health | ☐ Premature Ejaculation | ☐ Study Habits |
| ☐ Concentration | ☐ Improve Sales | ☐ Presurgical | ☐ Stuttering |
| ☐ Controlling | ☐ Indecision | ☐ Problem Solving | ☐ Substance Abuse |
| ☐ Cramps | ☐ Inferiority | ☐ Procrastination | ☐ Sugar Addiction |
| ☐ Cravings | ☐ Inhibition | ☐ PTSD | ☐ Superiority |
| ☐ Creativity | ☐ Insecurity | ☐ Public Speaking | ☐ Tardiness |
| ☐ Death or Loss | ☐ Insomnia | ☐ Reach Goals | ☐ Temptation |
| ☐ Discouraged | ☐ Irrational Thoughts | ☐ Rejection | ☐ Tinnitus |
| ☐ Dreams | ☐ Irritability | ☐ Relations | ☐ Test Anxiety |
| ☐ Exercise | ☐ Jealousy | ☐ Relationship Enhancement | ☐ Thumb Sucking |
| ☐ Fear of Animals | ☐ Lack of Ambition | ☐ Relaxation | ☐ Tics |
| ☐ Fear of Death | ☐ Lack of Direction | ☐ Resistance to Change | ☐ Trauma |
| ☐ Fear of Dentists | ☐ Lack of Enthusiasm | ☐ Responsibility | ☐ Ulcers |
| ☐ Fear of Doctors | ☐ Lack of Initiative | ☐ Restlessness | ☐ Victimization |
| ☐ Fear of Failure | ☐ Lower Blood Pressure | ☐ Sadness | ☐ Weight Loss |
| ☐ Fear of Flying | ☐ Medication Side Effects | ☐ Self-Awareness | ☐ Worry |
| ☐ Fear of Heights | ☐ Memory | ☐ Self-Blame | ☐ Writer's Block |
| | ☐ Mistrust | ☐ Self-Confidence | |