

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



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