



# *Calm Your Anxiety in 3 Simple Steps*

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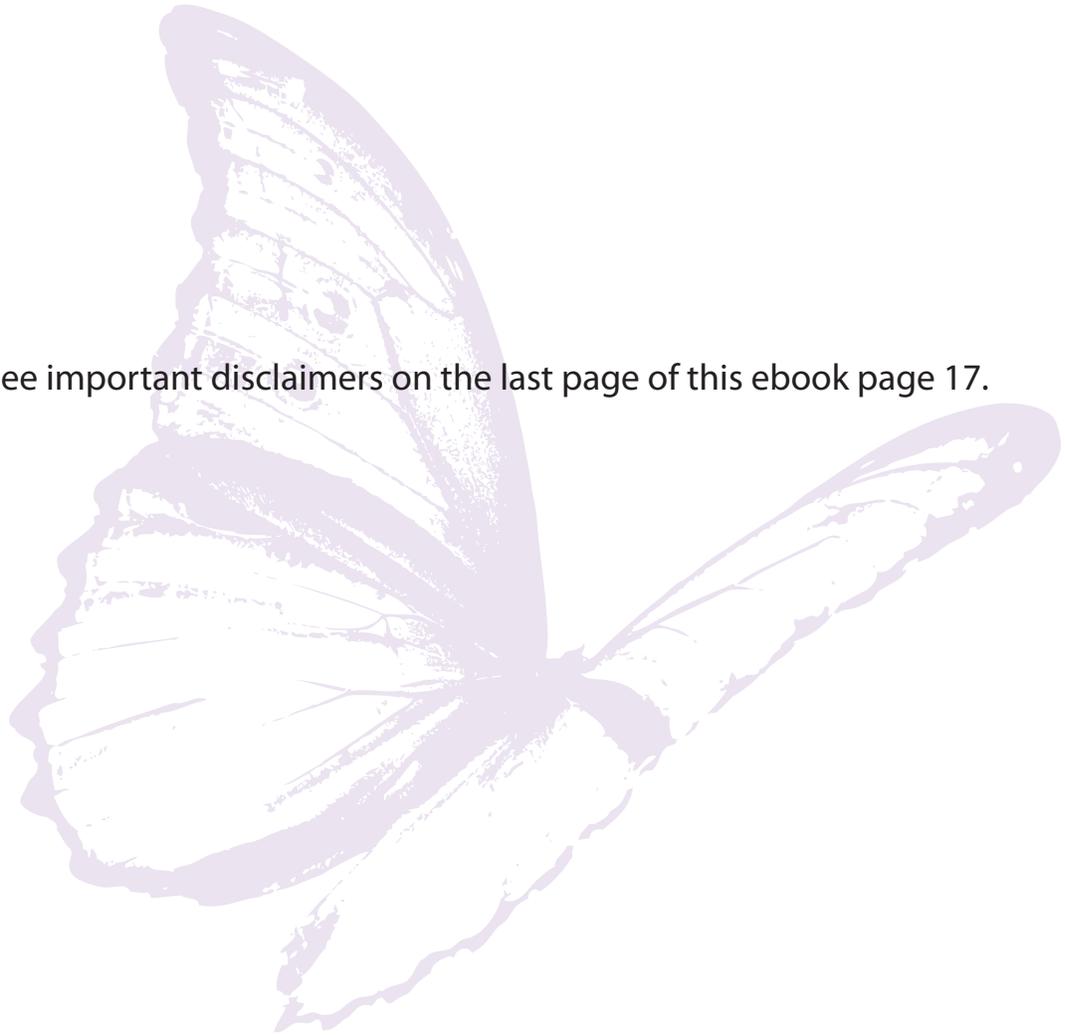
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# *Introduction*

Are you ready to stop your anxiety from controlling your thoughts, feelings and life? The National Institute of Mental Health (NIMH) reports that Anxiety Disorders affect about 40 million American adults age 18 years and older. That is a lot of people living with fearfulness and uncertainty.

Some people turn to medication for help, others try to tough it out or hide their feelings. You don't have to do either. There is a safe, effective and private ancient practice that you can do yourself to alleviate your anxious feelings and get you back on track.

Hypnotherapy is a simple and effective tool that has only positive and empowering side effects. I learned early in my career that traditional therapy practice can be difficult, painful and tedious. While sharing their grief and pain in a traditional therapy session, patients often become sad, anxious and frustrated as they focus on past experiences.

I wanted to find a way to help them move their focus to the future instead of the past. I discovered Ericksonian Hypnotherapy and knew I'd found an ideal solution. The practice of Ericksonian Hypnotherapy is future-focused, positive, gentle, permissive, and respectful of the individual client. Most clients experience positive and effective results three sessions. In this guide I'm going to share how hypnotherapy can help you to overcome your anxiety and fears once and for all.

Most people fear that hypnotherapy is about going into a deep and unconscious trance. That is not the case. Hypnotherapy is a conscious communication between your subconscious and your brain.

The communication establishes new neural pathways within your brain. This allows you to reprogram your anxious behavior and adapt new and healthy habits and thoughts that no longer keep you stuck in life. When working one on one with a client, I rely on a variety of techniques, depending on what's most appropriate for the individual. This can include NLP (neuro-linguistic programming), EMDR (eye movement desensitization response) and light trance. A light trance is nothing more than an INTENTIONALLY FOCUSED DAYDREAM and the client is always conscious. It is a state of relaxation similar to the way you feel just before you fall asleep. This is an ideal state to be in as you begin to create new healthy habits. Hypnotherapy is a safe, simple, effective and powerful tool that you can call on at any time to stop your bad habits from continuing to sabotage your life

*Let's Get Started*

# Step One

## *Understand That Most Fear and Anxiety are Caused by Bad Thought Habits*

That's right, your anxiety is actually a bad habit gone wild. This is exactly how undesirable habits form. Understanding this is how you tame those thought monsters that are keeping you up at night.

All habits, good or bad are created the same way. Each habit begins with a THOUGHT, followed by PICTURE or IMAGE in our mind of that thought which we immediately reinforce with our emotions, often unconsciously. Thus a new habit becomes established and often we are unaware.

Let me give you an example from my own life that happened several years ago. This resulted in my own anxiety about traveling over bridges.

I enjoy vacationing at Bradenton Beach, Florida and to get there from my home I fly into Tampa and drive south about an hour. The route includes crossing Tampa Bay via the Sunshine Skyway Bridge. This colossal structure spans 4.1 miles. I'm confident about driving across bridges, in fact I live in a place dubbed the city of bridges.

As I drove across the bridge for the first time, I noticed the beautiful scenery surrounding me. The water sparkled, the boats were fascinating, the small islands were picturesque. I was enchanted. That vacation was simply fabulous.

When I returned to the airport, the return drive over that bridge was not as enchanting. As I enjoyed the scenery, I started to become slightly anxious.

The scenery was so beautiful that I just wanted to get lost in it, so that as I stared at it I realized that whatever direction my eyes were going, my steering would follow.

My THOUGHT was, "Uh-oh, if my car follows my gaze, I will accidentally drive over the bridge." The IMAGE that went along with that thought was of my car going over the bridge and landing in the water below. The FEELING that followed was anxiety. Every time that I had that thought and image, the bad habit of my anxiety was being reinforced.

In subsequent visits, I became more and more anxious each time I crossed the bridge. While planning my future vacations, I felt so anxious about that bridge I considered changing vacation spots. The anxiety got so intense that I even felt anxious when remembering the trip. I tried desperately to find alternative options to reach Bradenton Beach, but you have to drive across the bridge to get there. I finally had to admit that I had developed a truly undesirable habit that was causing me to experience serious anxiety. As a clinical hypnotherapist, I was astounded at how this had happened to me. I felt ashamed. I was determined to overcome my anxiety and began my plan of attack recapturing my confidence again so I could drive without fear.

In this case, realizing how the bad habit began was pretty easy. I worried about getting distracted by the scenery and driving my car over a bridge. Sometimes we don't know how or when our fears or anxiety began. If this is you, don't worry. You don't actually need to know how your habit was caused in order to conquer it.

The solution to stopping anxiety is to create create new healthy habits. No matter what the habit, the same steps are followed. To overcome my fear of the Sunshine Skyway Bridge, I began using a non-trance form of self-hypnosis. I started with the THOUGHT that, yes, wherever my eyes were focused, the car would follow. Therefore, I pictured myself driving, and envisioned myself as focused on the road ahead and the cars around me. I PICTURED myself ignoring the scenery and driving straight ahead in a safe and reasonable way, thereby reaching the end of the bridge safely and without any anxiety.

This is called thought reprogramming. I have since crossed that bridge many times and no longer experience any anxiety at all. Whenever I felt anxiety about the bridge, whether at home packing my luggage, or actually during the drive, I practiced thought reprogramming, using my non-trance self-hypnosis, thereby reinforcing my new healthy thought habits. My anxiety was stopped and I started and enjoying my vacations again. It's that simple. You can reprogram your thoughts to overcome your anxious feelings. And, you can begin forming your own new healthy habits right now.



*Understand That Most Fear and Anxiety are Caused by Bad Thought Habits*

# Step Two

To master your anxiety by creating new habits, it's important that you understand how a habit is first created. Whether good or bad, all habits are created the same way. Many people try and distract themselves from their fears and anxieties with medication or by distracting themselves with shopping, TV, eating, drinking, overworking, etc.

Before long one bad habit has multiplied into many. It doesn't have to be that way for you. Our goal is to replace your undesirable habits with new and healthy replacements. You will be reprogramming yourself to think better thoughts. Once you get started, you can re-program any kind of habit.

Using hypnotherapy, I've been able to help people overcome disorganization, procrastination, relationship, money issues, family conflicts, frustrations at work, over eating, speaking in public and fear of flying. One of the most common problems I see in my practice is recovering from divorce or heartbreak.

For example, Kim came to me trying to recover from a devastating breakup. Kim was a medical office professional in her early thirties. She was a responsible, capable and independent woman. After her long term relationship ended suddenly, it seemed as though her life had turned upside down. Even though months had passed since the relationship ended, Kim was still thinking about her ex-boyfriend constantly. She monitored his social media posts, drove past his home, called him and texted him often, and spent a lot of time fantasizing about a reconciliation. Her obsessive habits were affecting her sleep, work and social life.

When Kim came to me for help she said, "I want to begin behaving like a grownup again." To help Kim create the new habit we first began to determine her readiness to move on.

It's important to understand that hypnotherapy cannot force a person to do something that they don't really want to do. In Kim's case, she was exhausted from the obsessive thoughts and behavior. She was ready. At first, it was important for me to hear her story, but it was even more important for us to keep it brief, and not to get stuck in the negative history and difficult memories. Ericksonian Hypnotherapy is always positive and future oriented.

Kim (now age 32) shared that she and Dan had been in a relationship for six years, and he ended it because Kim wanted to get married and he didn't. He had affairs during the relationship and was verbally and emotionally abusive. In spite of this, she remained deeply attached to him and was crushed when he began living with another woman. Kim had developed a really bad habit and, as a result, an extreme case of anxiety. Her strongly reinforced undesirable habit was made up of the THOUGHT, "I am not lovable and I will be alone forever." This was followed by the IMAGE of her being alone while all of her friends were happily married with children. Kim pictured herself as a lonely and forgotten woman. Because she kept reinforcing this bad habit, it had become stronger and stronger until it reached the point that she felt like a true victim who had no control over her life and was consumed by the FEELINGS of sadness, desperation and anxiety.

Kim resolved that it was time to do something about her bad habit and was absolutely ready to make a change. She was relieved to learn that the way to create this new habit was by choosing a new THOUGHT followed by a new IMAGE and her new FEELINGS would automatically follow.

To develop a new habit for Kim, we first worked on a new thought. She came up with the thought herself: "I have total control over my behavior". This was followed by her picturing the new behavior that she wanted to experience. She pictured herself making new friends, and she pictured herself going out and having fun with them. She became aware of the different ways that she could establish these friendships and the images of all the fun and freedom she was having led to her feeling empowered.

Empowered and in-control felt a lot better to Kim than desperate and worried. She was ready to learn how to reinforce these new positive feelings and get her life back on track. Now was the time for Kim to learn how to reinforce her new healthy thought habit.

Most anxiety is a result of living with undesirable thoughts. Every time that you reinforce your new healthy thought habits, your anxiety (old thought habits) begin to fade away because you have stopped feeding them.

Now that you've learned how and why to create new thought habits, let's move on to reinforcing them.



*Remember*  
**Create New and Healthy Thought Habits**

# Step Three

Bob is an executive on the fast track. He is respected, intelligent, well educated, confident and successful. He has risen through the ranks of his company very quickly. To the observer, Bob was a dynamic leader and a complete success. There was one problem, when Bob had to speak in front of a group, his anxiety paralyzed him. He would begin worrying about his presentations days and sometimes weeks in advance. His fear was that he would make a mistake and that his colleagues would think of him as incompetent.

Bob came to me ready to make a change, and although he had some significant mental work to do on his anxiety, he was very open to creating confident thought patterns and visualizing himself as a confident speaker. He had participated in competitive sports and fully believed that, "If you can picture it, you can do it!" He was scheduled to make a major presentation to senior level management the following week. The first thing Bob did was to picture himself doing the actual presentation; he could see and hear himself say the things that needed to be said. This was followed by systematically imagining his behavior the day of his presentation. This started with his seeing himself getting up, going through his morning routine and progressing throughout the day until he reached the point of ten minutes before addressing his audience. At this time, he pictured himself using some of the breathing and other tools he had learned during our work together, and imagined entering the room to begin his presentation. He saw himself feeling calm and confident as he went through his presentation and he was able to experience his audience responding positively to him. Bob practiced doing this twice a day for a week until the day of the speech.

In a very short time, Bob began to feel less anxious before speaking and stopped worrying about small meetings. When he gave the big presentation everything went just as smoothly as he had imagined it. Afterwards, Bob felt a renewed self-confidence. His sense of empowerment stayed with him as he continued to speak in public and engage in management meetings over the next years. His anxiety was gone and he no longer spent time worrying. Creating a new habit of practicing your positive thoughts will allow you to reprogram your brain and empower yourself. Remember, every time that you reinforce your new healthy thought habits, your anxiety (old thought habits) begin to fade away because you have stopped feeding them. If you find yourself feeling anxious or worried, remember to go back through steps one and two and keep practicing your new thoughts. You can write reminders to yourself to practice your new thoughts or even schedule reminders in your calendar to help you stay on track.



## Remember

*Reinforce Your New and Healthy Thought Habits*



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*Every time that you reinforce your new healthy thought habits,  
your anxiety (old thought habits) begin to fade away because  
you have stopped feeding them.*

*If you find yourself feeling anxious or worried,  
remember to repeat the steps and keep practicing your positive thoughts.*



# Final Thoughts

No matter what thought pattern you are changing, the process to reinforce the habit is the same:

First understand that most fears and anxiety are caused by bad thought habits. You do not need to know how your habits began, you just need to be committed to making a change.

Second decide that you are ready to stop feeding your anxious thoughts and replace them with new and positive thought habits. Reprogram yourself to focus on your new healthy thoughts. When you create new thoughts and new pictures in your mind, your new feelings will automatically follow.

Third reinforce your new and healthy thought habits by practicing them until they become your new and permanent thoughts. You can reinforce these thoughts by setting a reminder on your calendar or phone, or post reminders to yourself on your computer, at your desk, in your car, etc. until these new thoughts become your permanent ones.

Whether your anxiety is caused by disorganization, procrastination, difficult relationships, money issues, family issues, frustrations at work, insecurities, speaking in public, fear of flying, or even if you are not sure how your anxiety began, these three simple steps can lead you down a new path of empowerment.

Every time that you reinforce your new healthy thought habits, your anxiety (old thought habits) begin to fade away because you have stopped feeding them. If you find yourself feeling anxious or worried, remember to repeat the steps and keep practicing your positive thoughts.

*Print this page and place it where it can remind you how to calm your anxiety in 3 simple steps*

## *Step One*



*Remember*

*Understand That Most Fear and Anxiety are Caused by Bad Thought Habits*

## *Step Two*



*Remember*

*Create New and Healthy Thought Habits*

## *Step Three*



*Remember*

*Reinforce Your New and Healthy Thought Habits*



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## *Meet the Therapist*

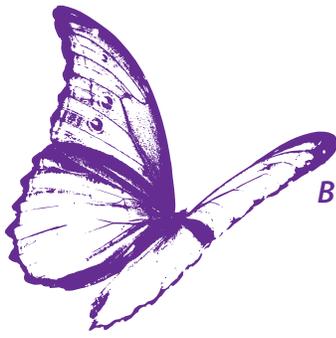
### ***Elizabeth Cessna M.S. NBCCH***

Elizabeth Cessna has been a therapist in private practice for over 25 years. She is board certified by the National Board of Certified Clinical Hypnotherapists. She specializes in helping her clients overcome anxiety, stress, fears and relationship issues.

Elizabeth practices Ericksonian Hypnotherapy because it is gentle, permissive, and respectful of the individual client. She realized early in her practice that traditional therapy sessions of remembering and re-hashing old and painful events in order to move forward was counter-intuitive and often left her patients sad and frustrated. Elizabeth decided to add hypnotherapy into her private practice because it offers her clients a positive, future-focused solution that offers permanent results quickly. She received her Ericksonian Hypnotherapy training at the American Hypnosis Training Academy in Baltimore, MD and is certified by the National Board of Certified Clinical Hypnotherapists. She completed her graduate work at Pittsburgh Theological Seminary and the University of Pittsburgh. Elizabeth has a number of articles published, is a popular guest speaker and media expert. She has taught psychology at local colleges and universities. She finds the practice of Clinical Hypnotherapy to be deeply satisfying because she has been able to help clients make positive changes in their lives in a relatively short period of time.

Elizabeth sees clients in her office located in North Hills, a suburb of Pittsburgh, Pennsylvania. Her office is located just off of McKnight Road. If you are not in Pittsburgh, call to find out if your situation may be resolved with mobile sessions via telephone or Skype.

If you're suffering with anxiety, stress, depression, relationship issues, chronic pain, or feel stuck in your life; consider hypnotherapy. Hypnotherapy works well for people who are future-focused, tired of re-living their past and want to achieve change in a short time. Most issues are resolved in three sessions.



*Elizabeth Cessna MS NBCCH*  
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## *About Ericksonian Hypnotherapy*

Elizabeth Cessna has been helping clients relieve anxiety and other issues for more than 20 years. She practices Ericksonian Hypnotherapy which is a safe and gentle clinical treatment and the type of hypnotherapy most frequently offered by clinical professionals. This practice is named after the late Milton H. Erickson M.D. Dr. Erickson was very influential in bringing the use of clinical hypnosis into the field of medicine and psychotherapy from the 1930's to the 1980's. Dr. Erickson practiced hypnosis that was gentle, permissive and respectful of his clients.

Hypnosis is a special form of communication to the subconscious mind where a person's habits are established. It's also where we store our memories. Hypnotherapy can help you create a new message for your subconscious mind. The more detailed your message is, the easier it is for your conscious brain to accept it and begin to establish the positive changes that you desire.

This clinical treatment is non judgmental and there is no room for negativity. Hypnotherapy sessions are positive and future oriented.

*To schedule a private hypnotherapy session, contact Elizabeth Cessna MS NBCCH at (412) 366-4929.*





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# *Private Appointments*

You can schedule a session with Elizabeth, a board certified clinical hypnotherapist for any habit that you want to change.

These are the most common reasons that people receive clinical hypnotherapy:

- Anxiety
- Fears
- Daily Stress Issues
- Dealing with Transition
- Relationship Issues
- Overcoming bad habits such as smoking, or picking at hair or skin
- Weight Loss
- Pain Management
- Making healthier, more positive life choices
- Co-Dependency
- Loss of Sexual Interest
- Intimacy Issues
- Regaining Self Confidence

Hypnotherapy works well for people who are future-focused, tired of re-living their past and want to achieve change in a short time. Most issues can be resolved in three sessions. To schedule your first hypnotherapy session, contact Elizabeth Cessna at (412) 366-4929.





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## *Success Stories*

### ***Here is what Elizabeth's clients say about their Hypnotherapy Experience:***

I effortlessly lost 25 pounds after working with Elizabeth. She helped me to unleash the power within myself. I'll never be able to thank her enough.

--Formerly Unhealthy Eater

My relationship with my mother has always been difficult, to say the least.

Working with clinical hypnotherapy has made a huge difference. There has been a lot of improvement in the way that I react to her, and that in turn, has made a big difference in how she speaks and acts toward me. Thank you. --Sarah V.

Potato chips used to call my name anytime I felt stress, I could down a huge bag and would consider opening a second one...and sometimes I did. After clinical hypnotherapy, the overwhelming desire for those chips has been neutralized and now they are just like any other food in my kitchen.

--Heather B.

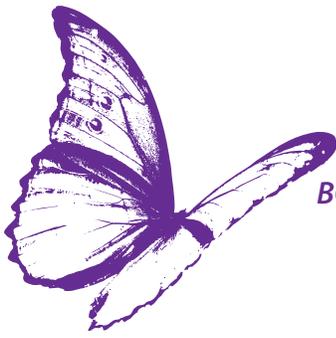
Sometimes anxiety would overwhelm me to the point that my work was being negatively impacted. After receiving hypnotherapy from Elizabeth, anxiety is no longer a problem and my productivity and relationships have also improved. -- John D.

I was in an accident and experienced residual pain. After receiving clinical hypnotherapy, my pain has been significantly reduced and Elizabeth also taught me self-hypnosis so that I can continue to manage my pain on my own. --Richard C.

I love my husband but several years ago I lost my feelings of attraction for him.

We had a decent marriage, but lack of intimacy was pulling us apart from each other. Doing some meaningful work with Elizabeth using clinical hypnotherapy has turned our marriage completely around. My feelings of passion have returned and my husband and I now experience a renewed feeling of deep emotional connection. --Emily J.





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## *Questions about Hypnotherapy*

### ***How Long Does It Take to Change Behaviors?***

Most clients are able to make a change within three sessions.

### ***Do you work with men?***

YES! In fact nearly half of my clients are male.

I see men for the same reasons I see women; anxiety, fears, weight loss, work issues, and relationship issues.

### ***How Much Does it Cost?***

Clinical Hypnotherapy with Elizabeth Cessna, Board Certified Hypnotherapist, is \$375 for three sessions.

### ***Will Hypnosis Solve all of my Problems?***

Hypnosis cannot solve every problem. Even with hypnotherapy, it may be necessary for you to do some conscientious planning about the types of changes that you want to experience. Hypnotherapy is not a cure-all but a tool to help you achieve your goals. You must still take action to get results. Hypnosis is effective in most cases, but may not work for every person. The most important tool for your success through hypnotherapy is to have an absolute desire to change your behavior.

***To schedule a private hypnotherapy session in person or via skype or phone, contact: Elizabeth Cessna MS NBCCH at (412) 366-4929.***

***For more information visit [www.EveryDayHypnotherapy.com](http://www.EveryDayHypnotherapy.com)***



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## *Questions about Hypnotherapy*

### ***What is Ericksonian Hypnotherapy?***

This type of hypnotherapy is the one most commonly practiced by clinical professionals. It is named after Dr. Milton H. Erickson, who was influential in the practice of clinical hypnosis that is gentle, permissive and respectful of patients.

### ***How long is a session?***

A session lasts anywhere from 45 minutes to 90 minutes. Most people can expect to be able to change a behavior within three sessions.

### ***What is a Hypnotic Trance?***

Hypnosis is a natural state of mind that is somewhere between being awake and asleep. Have you ever driven a route that you are very familiar with, and not remembered the trip? This is a similar state. Clinical hypnosis allows you to access your subconscious mind. This is the part of your brain that stores all of your memories. Hypnosis allows you to reprogram and release thought patterns and habits so that you can make desirable changes.

### ***Will I Lose Control during a session?***

NEVER, you are always in control. Hypnosis is relaxing and you are completely awake during the experience. The hypnotherapist guides you to a connection with your subconscious mind to help you with the changes that you want. Hypnosis can restore your freedom to make choices that you may not have had control over for many years.

### ***Will I Remember the Session?***

Everyone experiences hypnotherapy in his or her own way. There is no right or wrong experience. One person may experience it as a deep and heavy restful feeling, while another may experience a light and floating sensation. Some people remember every word spoken by the therapist, and others allow their minds to drift. Some people remember the suggestions they hear, and others do not. Each person's experience is unique.



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Hypnotherapy works well for people who are future-focused, tired of re-living their past and want to achieve change in a short time. I hope these steps empower you today.

My very best,

*Elizabeth Cessna*



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