

SAFE PLACE HYPNOSIS, LLC

T R E A T M E N T A R E A S



MINDFULNESS

Abundance
Happiness
Be More Charismatic
Humble
Quiet the Mind
Mental Clutter
Feel More Youthful
Have an Open Mind
Overcome Perfectionism
Stop Taking Things Personally
Stop Being Hard On Yourself
Living Your Dreams
Letting Go of Regrets
Comparing Yourself to Others
Overcome Envy
Don't be Ashamed
Road Rage
Let Go of Grudges
Insecurity
Forgiveness
Control
Discipline
Confidence
Indecision
Enthusiasm
Anger
Seasonal Depression
Attitude Adjustment
Say What You Mean
Stop Stuttering
Anxiety
Emotions
Driving Panic Attacks
Panic Attacks

PRODUCTIVITY

Be Organized
Getting Rid of Clutter
Overcome Writer's Block
Increase Motivation
Speed Reading
Improve Your Focus
Unleash Your Creativity
Mental Blocks
Increase Productivity
Memory
Set and Keep Goals
Success
Manage ADD and ADHD

REGRESSION

Age Regression
Past Life

FEARS/PHOBIAS

Fear of Career Change
Fear of Flying
Overcome Fear of Snakes
Fear of Intimacy

RELATIONSHIPS

Be Kinder
Be More Patient
Improve Listening Skills
Be More Romantic
Move On From Toxic Relationships
Enjoy Self Pleasure
Overcome Shyness
Confidence for Dating
Increase Social Circle
Make More Friends
Attract Real Love
Heal from Divorce
Healing From Heartache
Have More Passionate Sex

SLEEP

Insomnia - Falling Asleep
Insomnia - Staying Asleep
Nightmares
Power Nap
Sweet Dreams
Sleep Hypnosis For Depression
Sleep Hypnosis for Anxiety

ADDICTIONS

Alcohol
Cell Phone Addiction
Video Game Addiction
Quit Social Media
Overcome Shopping Addiction
Coffee Addiction
Internet Addiction
Stop Texting While Driving
Addiction: _____

PERFORMANCE

Always Do Your Best
Improving Sports Performance
Improve Your Golf Game

PARENTING

Breathing Through Childbirth
Reduce Stress for Caregivers
Forgiving Your Parents
Single Parenting
Gentle Parenting
Ease First Trimester Symptoms
Letting Go of Parenting Guilt

GRIEF/LOSS

Grief
Anger
Fear
Sense of Self / Identity

WEIGHT/BODY IMAGE

Lost Weight While You Sleep
Achieve Your Healthy Weight
Body Positivity
Eat Healthily
Stick To Your Diet
Hypnosis for Overeating
Achieve Your Healthy Weight
Think Positively About Exercise
Weight Gain Hypnosis (Body Builders)
Exercise More
Binge Eating
Cravings
Quit Eating Meat
Stop Blushing
Energy Boost

HABITS

Quit Smoking
Skin Picking
Habit: _____
Vices: _____
Stop Nail Biting

PAIN MANAGEMENT

Chronic Pain
Where: _____
Arthritis
Tinnitus
Healing from Breast Cancer
Migraine Relief
Reduce PMS Symptoms
Cancer Recovery
Reducing Hot Flashes
IVF Anxiety Relief

TRAUMA

Manage PTSD Symptoms
Trauma: _____
Bereavement Hypnosis

NEW AGE / MISCELLANEOUS

Connect With Spirit Guides
Astral Projection
Past Life Progression
Pranayama Breathing
Learn to Mediate
Learn Self-Hypnosis
Start Your Own Business
Instant Energy Boost
Relax Instantly
Let Go of Physical and Emotional Baggage