

Hypnosis Can Help you Set and Achieve Goals

All stress is not bad stress. A pleasant romantic encounter, the anticipation of a happy event or reward - such things can produce stress yet still be beneficial. Stress that begins to debilitate however, requires changing. There are cases in which a situation causing unwelcome stress cannot be changed. Effective hypnosis can change the reaction to or perception of it, achieving management of the stressful factors, and allowing a life that is enjoyable and productive. Stress inclinations can be inherited. Children tend to adopt the reactions they witness in their parents. A Consulting Hypnotist seeking causes of stress may find regression advisable.

Type A personalities - over achievers, workaholics, highly competitive, quick to anger types often experience harmful stress. Hostility and cynicism in their personalities are factors which make this group susceptible to unwelcome stress... Repression of or refusal to accept feelings (hurt, anger, grief, or other emotion) can produce stress, as can exposure to stimuli which tax physical, mental or emotional capacities beyond their manageable limits. Other stress producers include dietary deficiencies and, for females, PMS. Stress management hypnosis is most effective in individual sessions. Each session needs to be tailored to specific, individual needs subsequent to determination of causes. Hypnosis can reprogram the subconscious mind to develop and act on new responses to old stimuli. Severe stress may call for special counseling or medical evaluation. It should be kept in mind that if emotions are not given relief from stress sooner or later the body will react.

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