



K R I S T A
BAEZ-MALDONADO, CMH



(407) 335-3526

Krista.BaezMaldonado@gmail.com

145 Ways Hypnotherapy Might Help You

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