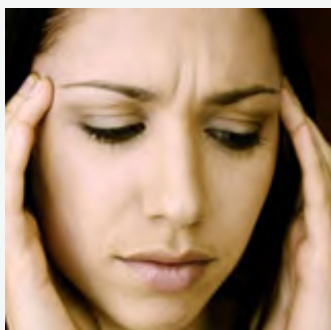




The Parts of Our Mind

Our minds have two important parts, each with distinct functions. The conscious part that we use to perceive the world around us and to make decisions such as “wanting to overcome our fear”, makes up the smaller part of our mind.



The subconscious part on the other hand, stores our memory, habits, beliefs, behaviours, personality and self-image. It makes up the greater part of our mind and controls our automatic bodily functions such as breathing and digestion (notice you don't have to consciously think about doing these things). Imagine that the human mind is like an iceberg, the conscious part, the portion that is visible above the water and the subconscious mind is the large ice mass that remains below the water's surface.

Fears and Phobias

A phobia is a persistent, irrational fear of, and desire to avoid a particular object or situation. We are not born with a phobia - instead it is a learned response. Sufferers often recognize their fears to be unrealistic, but still feel unable to confront them. The results of fear often lead to a loss of confidence and feelings of self-worth, and an increasing frustration as energy is directed into unwanted emotions. Even fear of failure is an immobilizing condition that is the product of past negative programming. People often fear that they will not be able to accomplish certain tasks because they're not worthy of accomplishing them. Hypnosis can help you to project and see yourself in a more positive light so that you instead feel calm and confident in certain situations or your interactions with other people.

Many of our fears do have a survival element about them. Fears of heights, snakes, and burning buildings are fears of things that could actually threaten our existence. Common fears that people experience include: fear of flying; fear of confined spaces; fear of going to the dentist; and fear of spiders. It's only when fear or a phobia interferes with your daily life that it needs to be a concern.

People suffering from fears or phobias may experience several or more of the following signs or symptoms: shortness of breath; dizziness or fainting; shaking or trembling; nausea or stomach distress; chest pain or discomfort; a fear that they're dying; or a fear of going crazy.

How Hypnosis Can Help

If your life has become limited by feelings of apprehension or the fear of having anxiety or panic attacks, then hypnosis will help assist you to regain control. Whenever you are experiencing anxiety, or panic, or fears that interfere with the quality of life, it is very likely that you are engaging in negative self-talk. So that once you are able to gain some control over your physical self and over your imagination by using hypnosis, you are then ready to begin work on your fear or phobia.

Under hypnosis, a person experiencing a fear or phobia is often asked to rehearse a situation that previously produced the fear or phobia. This rehearsal may take place on a television screen or in a movie theater so that the person is removed from the experience. When they are comfortable with seeing themselves managing the experience on the screen, they can then place themselves into the experience and be able to remain calm and relaxed during the experience.

Hypnosis can be used to re-program a person's feelings regarding the fear of the phobia with positive suggestions. For example, that they can remain feeling relaxed, calm, even happy while experiencing the situation that used to cause the fear or discomfort. There are a number of techniques available to assist people to overcome their fear or phobia safely and effectively.