



*THERE ISN'T ANYTHING IN YOUR  
LIFE THAT CANNOT BE CHANGED.*

*-Caroline Myss-*

With Resilience Coaching & Hypnotherapy, you can gain the power to create lasting change

- Anxiety/Depression
- Stress Management
- Self-esteem/Confidence
- Addictions
- Weight Issues
- Fears & Phobias
- Insomnia
- Performance Enhancement
- Motivation/Concentration
- Improve Relationships
- Spiritual Connection
- Death & Dying Transitional Acceptance
- Regression Therapy
- General Well-Being

### **Common FAQ's**

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

Hypnotherapy is the process of using hypnosis to interact with the subconscious mind in an open-reflective process to create positive change in your life. There are many techniques and many styles

and many applications of hypnotherapy. They all have several things in common: (1) a strong desire to change, (2) a state of deeply relaxed focus, and (3) language and visualization in relationship to emotions.

#### ***Is hypnosis safe?***

The number one job of the subconscious mind is to protect you. Unlike drug therapies hypnosis has no possible side effects and in most people hypnosis always works unlike drugs which may work or may not work depending on your body's chemistry and what the disorder is. Hypnosis can safely treat the physical and mental aspects of common problems like addictions safely and can help you break your physical and emotional dependence on overeating, smoking, drinking, drama, anger, or any other destructive addiction that you might have.

#### ***Will I lose control?***

You always have control, and you can always hear what's going on. Hypnosis is nothing but a state of relaxed deep focus. It is a natural state that you enter at least twice a day (while waking up and while falling asleep!), and probably much more often than that. If at any time you are in trance and you wish to be fully awake, you can just count to yourself "1 - 2- 3" and open your eyes.

#### ***What happens if I can't come out of hypnosis?***

It's physically impossible for that to happen, because you are not unconscious at any point during the hypnosis. You will be in a deeply relaxed state but fully conscious and you can come out of that state at any time that you want to. You can also come out of that state when given a verbal cue by the hypnotherapist. Sometimes when you get the verbal cue to come out of your hypnosis you may not want to because the relaxed state you are in feels so good. When that happens it may take you a few minutes to return to your

normal awareness but that is only because you want to stay in the relaxed state, not because you are being forced to stay in it or because you can't come out of it on your own. You are always in control, even when you are deep in a hypnotic state.

#### ***What should I expect during a session?***

You will experience a deep sense of relaxation and peace, drifting in and out in a sleep like state. Although you may not recall specifics, you are always in control.

#### ***Will I remember what happened during the hypnosis?***

You may or may not immediately remember what happened. However, it may show up later. Trust that your subconscious is processing all the information that it needs at that time.

#### ***What if I recall something in hypnosis that is awful and I hadn't remembered it before?***

If you can accept the subconscious as your friend, instead of your enemy, you will be able to take a look at what is causing behavior that, ultimately, makes you unhappy. Everything that comes up is your subconscious telling you that you are ready to heal. What matters is what you believe to be true and how you feel about it.

#### ***How often should the sessions be done and how many do I need?***

The frequency and number of sessions will be dependent upon the challenges you are working on. Typically, I recommend at least 3-6 sessions; once a week for the first two weeks, and then every other week after.

#### ***Is there a guarantee? How will I know it worked?***

Your results will be dependent upon you and may not be immediate. Be observant of changes and improvement in your daily actions.