



Life-Enhancing Hypnosis:

Empowering people to achieve optimal mental, physical and emotional well-being.

Hypno-Healthgram: Issue 64

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**Fears to Cheers**

The August 2013 Hypno-Healthgram addressed Hang-ups, Fears and Phobias in an overall way. This issue describes one person's journey from fears to cheers as a way of illustrating how people can permanently release hang-ups, fears and phobias and replace them with new, positive habits.

“Jane” emailed about her son and asked if hypnosis might be as helpful for him as it had been for her. It had been almost one year since she first came to Hypno-Health and she expressed her results this way: “I had come to you for treatment last year and it was very successful. I have been on several elevators and escalators since and even took a solo trip to New Jersey last week!”

Jane arrived at Hypno-Health wanting to relieve her fear of escalators, elevators, travel by herself, closed spaces, and “big” presentations. Because habits often begin while we are quite young, before our brains are able to make perceptive decisions about what they will accept or reject as habits, we explored her family dynamics, especially while she was a youngster. Her father was caring, but not warm and fuzzy, for the first five years of her life. But when Jane started school, he expected perfection and would regularly say things like: “Oh, you got 100. You should have gotten 110 like I did.” Her mother was very supportive and encouraging, but also very concerned about “how things looked”. She also worried regularly about “what might happen”.

Sometimes, in addition to the subconscious mind as a whole developing and sustaining habits, there may be a specific part (or parts) that is delegated to be connected with and responsible for a particular habit. In Jane's case, the part represented: being scared about something she didn't want to do and feeling she would have to fight over it; not wanting anything to happen to her; and worried about losing control. Think about those three aspects of the “part” and try to imagine how they, and the influence of her parents, might have affected Jane during her life.

Jane began gathering information about what caused the fears she initially expressed. She first communicated with the part mentioned earlier and helped it agree to release its role in keeping her fearful and overwhelmed and join with her as part of the new, positive program she would create in her mind. She then identified seven reasons (from her subconscious mind) that had contributed to her fears and discomfort becoming habitual. “Perfectionist” connected with her trying to prove to her father that she could get 110. “Worry” resulted from her integrating worrisome behaviors connected with the role-modeling of her mother. “Falling” indicated her concern and worry about not being in control. “Closing in” represented her getting too close to walls or crowds of people and panicking. “Can’t get to something or somebody” also reinforced her not being in control and worrying about the impact on her. “Lost” referred to when she was four years old, wandered away from home, was missing for many hours, and felt terribly alone and afraid. “Enclosed” referred to the time when she was pregnant with her first child and home alone. Shortly after trying to call her husband, who was unavailable, she received a call from a male who said he was nearby, was coming to her house, would cut the phone lines and attack her! She panicked, but was able to find her car keys, get out and drive two miles to her father-in-law’s house. She felt terrorized by that experience, both immediately and afterward.

Jane completely disconnected the impact of the seven reasons in such a way that they would never be able to influence her ever again. She then replaced them with feelings and perceptions of what her future self would be like: moving forward confidently; free of pressure to be perfect; enjoying the moment; smiling; being comfortable in formerly-uncomfortable situations; free of negative energy and worry; feeling strong, comfortable and confidence – like she could overcome anything that might happen; releasing responsibility when others are in control; feeling like a weight had been lifted; trusting in something greater than herself; no matter what happens, knowing she will be ok and able to deal with it; and believing she will be proactive rather than reactive.

Jane also reinforced the positives she created at the end of her first session, with the help of her subconscious mind. It’s interesting how they reflected what she eventually achieved through the “releasing and replacing” process. She imagined moving forward in positive ways; feeling like she could enter a “presentation” room feeling weight-less; happy and connected with people when doing things; at peace, calm, positive, strong, a go-getter, confident, in control, free of worry; her heart is rhythmic, strong and free of racing; and she feels good about her new self. As Jane reflected on all the positives she had brought forward, the words “I am strong” entered her mind and became her affirmation for reinforcing all the positive aspects of the new program, as well as reinforcing that all the negative influences are gone for good!

As she reinforced regularly at home, both during and after her time at Hypno-Health, Jane became increasingly stronger and more confident. Her initial email quote expressed completion of her transformation.

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