

HYPNO POTENTIAL MATRIX

Individual challenges approachable with hypnosis work and possible ways forward

Hypnosis work can be used for a huge number of individual challenges. The own mindset and preferences determine whether a self-organized or rather a guided approach gets one closer to the success.

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Root cause oriented approach
In this case the focus is put on the initiating event. Once this is clear and has been faced, the consequences out of this experience can be neutralized.
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Solution oriented approach
Solution oriented approach bypasses the cause and one focus on the goal and the way forward.
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Activation of additional resources & mobilisation of energy
With this approach additional resources and energies can be mobilized for the daily challenges.
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Individual hypnotic suggestions
These are perfect tools in order to recover during a few silent minutes.

Subject / Challenge	Hypno Potential	Root cause oriented	Solution oriented	Activation of additional resources	Mobilisation of additional energy	Individual hypnotic suggestions
Self-hypnosis guide for self-help	1, 2, 4, 5			x	x	x
Sleep better	2, 3, 5	x	x	x		x
Blockade release	1, 2, 3	x	x			
Improve relationship behaviour	1, 4, 5	x	x	x		x
Overcoming shyness	1, 4, 5		x	x		x
Encouraging personal resources	1, 2, 3, 4, 5			x		x
Weight reduction	3	x	x	x	x	x
Reducing inner restlessness	1, 4, 5	x	x	x		x
Increasing concentration	1, 4, 5			x		x
Stage fright	4, 5	x	x	x		x
Improving performance	1, 2, 5	x	x	x	x	x
Dissolving learning blockades	1, 5	x	x	x		x
Releasing tension	1, 4, 5	x	x			x
Mental Coaching	1, 3, 4, 5			x	x	x
Mental preparation for exam situations	1, 2, 5	x	x	x	x	x
Mental preparation for exams	4, 5		x	x	x	x
Building up motivation	1, 3, 4, 5	x	x	x	x	x
Fantasy journeys or the flow of life	1, 3, 4, 5	x	x	x	x	x
Positive thinking	1, 4, 5		x	x	x	x
Reduction of smoking	3, 5	x	x	x		x
Returning to this or past lives	1, 4	x		x		
Increasing self-awareness	1, 3, 5	x	x	x	x	x
Activating self-healing powers	1, 2, 5			x	x	x
Building self-confidence	1, 2, 3, 5	x	x	x		x
Sports hypnosis	2	x	x	x	x	
Stress management	1, 3, 5	x		x	x	x
Dealing with feelings of guilt	1, 3, 4, 5	x	x	x		x
Strengthening skills	5			x	x	x
Preparing for important events	4, 5		x	x	x	x