Hypnotherapy Center

Anxiety 101 starter guide

Free complementary guide â Hypnotherapy Center

Anxiety 101 prompts

1. Where do you feel anxiety in the body today?
2. Is this useful alertness, or looping worry?
3. What would a 5% calmer next hour look like?
4. What support do you already have?
5. When would you choose professional help next?

Complementary support only â not medical advice, diagnosis, or a cure.

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