Hypnotherapy Center

Free yourself from fears â complementary guide
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Fear and worry prompts (optional)
1. Name one fear that shows up most this week.
2. What do you usually do when it rises?
3. What has helped even a little before?
4. What would a 5% steadier response look like?
5. Who can support you without pressure to be fearless?

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