



### Health

Quit Smoking	Weight Mastery
Eating Problems	Insomnia
Skin Problems	Prepare for Surgery
Chronic Pain	Stress Reduction
Exercise	Childbirth
Emotions with Diseases	Anxiety/Stress/Tension

### Eliminate Fears and Phobias

Public Speaking

Claustrophobia

Snakes

Spiders

Agoraphobia

Water/Swimming

Birds

Driving

Flying

Dental Work

Meeting New People

Elevators

### Career

Motivation

Performance

Procrastination  
Presentations

Communication  
Confidence

### School and Other Performance

Improve Study Habits

Concentration/Focus

Memory Retention

Assertiveness

Presentations

Self-Esteem

Sports Training

Exam Anxiety

Confidence

Conflict Resolution

Stuttering

Public Speaking (Stage Fright)

