

# Live your best life

Fiona Robinson DHP HPD MNCH MAFSFH is a clinical hypnotherapist who practises out of the Warminster Osteopathic Clinic. Able to help with a number of conditions, hypnotherapy could just provide the catalyst for change you are looking for. Here she talks about Solution Focused Hypnotherapy may be able to help you...

At one time or another I imagine that most of us, whatever our background, have wanted something different than what we've got; perhaps it's a possession - a new house or car - or it could be that we would like to 'be' different in some way. For instance, we may wish we didn't worry so much, or that we were happier in our relationships. We might wish to do something differently; maybe start exercising to achieve better health or a personal target such as running a marathon.

As long as it's within the realms of possibility you can be/do/have what you like. Some things may not be achievable, such as becoming a top sportsperson if you are 60 and haven't exercised in many years. More often, however, it is our own thoughts and



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believe we are capable of doing. Habitual negative thoughts can also result in a loss of confidence and self-

achieve positive change. Big changes or small - they all add up. It is also possible to want to change one thing initially and then realise that what you thought was important to you has changed over time.

During relaxation - or hypnosis - your subconscious mind is more active and so is receptive to those positive suggestions that are acceptable to you. With a new and different outlook you are much more likely to feel confident and in control of your life; feeling naturally motivated towards action and change. When we practise being positive in life, then we begin to shape our lives to how we would like them to be and our confidence and self-esteem rise. It is possible to live your best life!

Solution-Focused Hypnotherapy can help you to make changes in many areas such as: anxiety, depression, fears and phobias, IBS, nail biting, OCD, panic attacks, performance areas, self-confidence, self-esteem, skin problems, sleep problems, smoking, weight issues and much more. For further information, or to arrange a FREE initial consultation, give Fiona a call today.

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## “With a new and different outlook you are much more likely to feel confident and in control of your life”

beliefs that stop us from achieving something: 'I would never be confident enough to apply for that job/travel alone/ask her or him out'. When we think negative thoughts about ourselves often enough, or if there is a strong enough single event regarding ourselves, then our negative thoughts and beliefs can become subconscious or automatic; these thoughts then drive our behaviour and what we

esteem. Fortunately, it is possible to change how we think and feel, which influences what we can achieve.

Solution Focused Hypnotherapy can help you to 'reframe' or see things in a different light. Within the safe environment of a hypnotherapy session you will be encouraged to imagine what you do want in life and to focus on the steps needed to