

Relationships

There can be many reasons why a relationship breaks down, runs into difficulties or needs help to get off the ground in the first place.

Hypnotherapy can help relationships in many ways :

- by giving a new perspective into ongoing relationships
- by giving the client confidence in making or breaking relationships with others
- by bringing back happy memories of times long gone in order to get back on track within an existing relationship
- by overcoming family problems
- by overcoming fear of dating or meeting new people
- by overcoming sexual problems

Whatever your reason for wanting to make changes in your relationships, Solution Focused Hypnotherapy may be able to offer you all the necessary skills to do this.