

# Find your Phoenix – how hypnotherapy has helped me

by Charlotte Maxted

Find Your Phoenix offers hypnotherapy, life-coaching and reiki sessions. Hypnotherapist, Jessica Gardner can help with a wide range of issues, from quitting smoking to anger and anxiety issues.



Jessica Gardner

I worry quite a lot about day to day things, such as worrying about work and the future, and I knew that I would like to not worry so much. Had I thought of hypnotherapy as a way of helping me? I will admit that I hadn't, which is where Jessica came in. We had an initial chat about how she could help. Instantly I warmed to her. We arranged to meet soon after and I found myself having my first hypnotherapy session.

Jessica welcomed me into her home and I felt at ease immediately. I wasn't sure what to expect so I went in with an open mind. Jessica explained that hypnotherapy is more about empowering people, giving them positive tools to help them in their lives and enabling them to see life differently and more positively.

I explained to Jessica how I feel, and how I think about things, and she was able to draw up a hypnotherapy plan for the session through asking me questions. She explained clearly what was going to happen whilst 'under' and to get myself comfortable.

I found myself lulled into a deep state of relaxation and my mind was open. Jessica guided me through the session through visualisation and breathing techniques, and I felt a weight lifted from me. I still don't quite fully understand what happened whilst I was hypnotised, and I still struggle to put it into words, but I felt something.

Throughout the week, I found that I stopped worrying about things I had no control over and I didn't get the feeling of anxiousness. I was honest on my second session and said I still worry about the little every day things that I can control. Once again, Jessica asked questions, and she developed a plan to suit me.

Interestingly, I found myself in an even deeper state of hypnosis,



where I was not fully aware of what was happening. Jessica said that my subconscious mind was listening, as this is the part of the mind that hypnotherapy focuses on. Once again, I felt a weight lifted and it was a physical reaction – one that I think can only be felt when fully under. As I came back round, I didn't quite know what to say again.

It has now been several weeks since my last session, and I can honestly say it has helped me with my worries. I find myself accepting things I cannot change and I am not getting as anxious about the little things.

Hypnotherapy is a positive, uplifting and unusual way of coping, but one I feel many more of us should embrace.

Please call Jessica on 07790 030236 or email [info@findyourpheonix.co.uk](mailto:info@findyourpheonix.co.uk) for further information. [www.findyourpheonix.co.uk](http://www.findyourpheonix.co.uk)