

Self Appraisal Questionnaire

- Do you lack self confidence?
- Do you fail to reach your full potential?
- Do you have trouble sleeping or do you wake up in the night?
- Do you feel depressed?
- Are you unreasonable nervous about public speaking
- Do you feel stressed?
- Do you get panic attacks?
- Are you constantly filled with self doubt and negatives thoughts?
- Do you want to stop smoking?
- Do you eat the wrong things or at the wrong time or too much?
- Do you bite your nails?
- Do you suffer from nightmares?
- Do you suffer from constant pain?
- Do you want to feel better about yourself?
- Are you in an unhealthy relationship?
- Do you drink or take drugs to excess?
- Do you want more control over yourself?

If you answered YES to any of these questions then you may be interested in a hypnotherapy session

Did you know that a Hypnosis is a state of extreme relaxation and a hypnotherapist can allow you to have access to deep levels of the mind that you normally be unaware of. These deep parts of the mind can influence you in subtle ways.

If you are at all interested in speaking to a Hypnotherapist, call us on 0412 547 668 or email helpme@personallyorganised.com.au and we will have someone speak to you.