

# Phobias

Phobias are strong imprints on the mind of a survival response that seems appropriate to the perceived danger. There is a structure to the mind and when we file away these imprints in an unhelpful way, we become prey to irrational and overbearing fears.

Yet phobias are not something we need live with all our lives. They are irrational fears that usually give way rapidly with hypnosis and NLP techniques. Fear is the root cause of a multitude of problems. Sufferers who are phobic about water, spiders, snakes, lifts, outdoors, or flying tend to believe that they are doomed to have this phobic response all their lives, but they are often astounded at the speed with which a phobia can disintegrate with the guidance of a hypnosis practitioner.