

Fear & Anxiety Hypnosis Script Manual

By Rene Bastarache, CI
American School of Hypnosis

This pdf file contains a complete list of all the scripts included in this manual.
(50+ Hypnosis scripts)

1. Anxiety
2. Anxiety & Self-Confidence
3. Anxiety about Medical Procedures
4. Anxiety and Smoking Cessation
5. Anxiety Control
6. Anxiety, Insecurities
7. Anxiety of Interacting With Others
8. Anxiety of People
9. Anxiety of Spending Too Much While Shopping
10. Anxiety, Social
11. Anxiety, Stress and Worry Release
12. Computer Anxiety
13. Driving Anxiety
14. Driving Exam Success
15. Eating Disorder
16. Exam Anxiety
17. Fear of Bees and Wasps
18. Fear of Being Alone
19. Fear of Cats
20. Fear of Commitment
21. Fear of Confrontation
22. Fear of Criticism
23. Fear of Dentist
24. Fear of Dentist / Doctors
25. Fear of Failure Fear of Flying
26. Fear of Flying in Planes
27. Fear of Friday the 13th.
28. Fear of Heights
29. Fear of Interviews for Women
30. Fear of Intimacy
31. Fear of Not Being Able to Sleep
32. Fear of Others Vomiting
33. Fear of Overcome Viruses
34. Fear of Pregnancy
35. Fear of Public Speaking I
36. Fear of Public Speaking II

37. Fear of Public Speaking III
38. Fear of Rejection
39. Fear of Roller-coaster Rides
40. Fear of Snakes
41. Fear of Solitude
42. Fear of Spiders
43. Fear of Success I
44. Fear of Success II
45. Fear of Success, Overcoming
46. Fear of Turbulence in Planes
47. Fear of Water
48. Free of Anxiety
49. Performance Fear
50. Pre-Game Nerves