

The Phobia 101 Encyclopedia - Hypnosis Script Manual

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

1. Fear of Abandonment
2. Fear of Abduction
3. Fear of Aging
4. Fear of Anxiety
5. Fear of Authority
6. Fear of Authority Figures
7. Fear of Bees and Wasps
8. Fear of Being Alone
9. Fear of Being Judged for Appearance
10. Fear of Being Trapped
11. Fear of Blood
12. Fear of Bridges
13. Fear of Cats
14. Fear of Change
15. Fear of Choking
16. Fear of Clowns: Coulrophobia
17. Fear of Commitment
18. Fear of Confrontation
19. Fear of Contamination
20. Fear of Criticism
21. Fear of Crowds
22. Fear of Cultivating Connections
23. Fear of Darkness
24. Fear of Dentist
25. Fear of Disappointment
26. Fear of Disease
27. Fear of Doctors
28. Fear of Driving
29. Fear of Drowning
30. Fear of Embarrassment
31. Fear of Environmental Catastrophes
32. Fear of Exams
33. Fear of Failure
34. Fear of Failure in Career
35. Fear of Failure in Sports
36. Fear of Fear Itself

37. Fear of Fire
38. Fear of Flying
39. Fear of Flying in Small Aircraft
40. Fear of Forgotten Memories
41. Fear of Friday the 13th.
42. Fear of Ghosts
43. Fear of Heights
44. Fear of Humiliation
45. Fear of Impending Doom
46. Fear of Infidelity
47. Fear of Insanity
48. Fear of Insects
49. Fear of Interviews for Women
50. Fear of Judgment
51. Fear of Kidnapping
52. Fear of Loneliness
53. Fear of Losing Control
54. Fear of Losing Identity
55. Fear of Losing Independence
56. Fear of Losing Loved Ones
57. Fear of Losing Memory
58. Fear of Making Decisions
59. Fear of Men
60. Fear of Mirrors
61. Fear of Missing Out (FOMO)
62. Fear of Missing Persons
63. Fear of Needles
64. Fear of Noise
65. Fear of Not Being Able to Sleep
66. Fear of Nuclear War
67. Fear of Old Age
68. Fear of Open Spaces (Agoraphobia)
69. Fear of Others Vomiting
70. Fear of Pollution
71. Fear of Poverty
72. Fear of Powerlessness
73. Fear of Pregnancy
74. Fear of Public Restrooms
75. Fear of Public Speaking
76. Fear of Public Transportation
77. Fear of Reincarnation
78. Fear of Rejection
79. Fear of Rejection in Dating

80. Fear of Reptiles
81. Fear of Roller-coaster Rides
82. Fear of Sharp Objects
83. Fear of Snakes
84. Fear of Social Media
85. Fear of Solitude
86. Fear of Speaking Up
87. Fear of Storms
88. Fear of Success
89. Fear of Supernatural Entities
90. Fear of Supernatural Phenomena
91. Fear of Technology
92. Fear of Terrorist Attacks
93. Fear of the Dark Web
94. Fear of Tight Spaces (Claustrophobia)
95. Fear of Time (Chronophobia)
96. Fear of Turbulence in Planes
97. Fear of Unemployment
98. Fear of Unrequited Love
99. Fear of Violence
100. Fear of Viruses
101. Fear of War