

Why I Became a Hypnotherapist

When they come to meet me for a free initial consultation, people are often interested to learn what led to me becoming a hypnotherapist.

For many years, almost as far back as I can remember, I suffered with **low confidence** and **low self esteem**. All through school I would try and avoid having to speak out in class and would avoid doing things I might have otherwise wanted to do through **fear**. I lived in a constant state of **anxiety** and fear.

Those thoughts and feelings of **not being good enough** and that people would **judge me** negatively stayed with me year after year. I would often think that when I moved, changed job, talked to people I didn't know or forced myself into new situations, that then everything would somehow sort itself out and I'd feel great. But it never did.

That's not to say that I could never do anything at all – I had a good job managing teams of people and projects and made new friends etc. Yet I always felt I was taking two steps forward and one step back.

I would **suffer** internally in group situations, worry about what other people thought and would criticise myself all the time. I would also over analyse every situation afterwards and focus on the **negative** – which was exhausting!

I just wanted to feel good, enjoy life and be me (the me that was confident, happy and fun) – like the me when I was nice and safe at home on my own.

Like many other people I tried to find some sort of 'holy grail' to help me feel better – I took herbal pills, read self-help books, went on courses, listened to positive suggestion MP3s and would force myself into situations to try and expand my comfort zone.

It wasn't until I finally discovered the techniques I now use (like hypnosis & NLP) that I found a way to **break free from those old beliefs, thoughts and feelings** and move on in my life.

Once I discovered that there was a way to quickly and effectively break free of the things that hold you back, I knew then that I wanted to help others so that they didn't have to experience year after year of struggle and feeling stuck.

Before they come to see me, many of my clients suffer inside, struggle along, or feel nothing will ever change for them. They feel unhappy, worried, sad, scared, helpless or trapped. Many avoid certain situations or doing those things that they want to do – it feels like they have no choice and no freedom to decide how to live their lives the way they want to.

Using hypnotherapy, they can now live life on their own terms, feeling healthy, happy, calm, confident and successful. Maybe I can also help you to start creating the life you want to live, free of limitations.

I'm passionate about helping you make those changes you are seeking so if I can help then please just let me know.

Would you like to feel better? If you want to find out more about how hypnotherapy could help you then contact me to arrange a free 30 minute initial consultation.

FREE initial consultation - call 07724 155715 or e-mail dan@elymindcoaching.co.uk

Hypnotherapy appointments are available in Ely, Newmarket & Cambridge.