

FEMALE FIRST

Change your relationships in 2017 with hypnotherapy

5 December 2016



What could you change?

Awards winning Psychologist and clinical Hypnotherapist Jason O'Callaghan tells you 10 ways on how to make 2017 your year and to let go of those negative thoughts and habits holding you back using the sub-conscious mind.

We have all heard about mind over matter and for over 3,000 years' hypnotherapy has been used to clarify thoughts when it comes to issues with relationships. People often ask how hypnosis is different to other forms of therapy. Well most therapies are talk therapies such as counselling or CBT and nearly all deal with the conscious mind. Hypnosis talks to the unconscious mind.

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Have you ever been unhappy in a relationship BUT said to yourself well if I break up I will make the other person unhappy? Those negative thoughts give you an easy escape. So, in other words it's better for you to be unhappy then them to be unhappy? Be brave, take the step and end it. Think of it like pulling off a plaster, if you just do it, it's over but if you do it slowly it can be very painful. Hypnosis can help you to make the right choices.

Relationships are not always with people, sometimes they are with food, fags, alcohol or chocolate. Every new year, we all promise to lose weight or quit smoking however most fail. As we say "Fail to plan, plan to fail." Understand you are the person who will have to plan how you want to change. Hypnosis gives people a heightened state of awareness which stops them doing the things they know they should not do before they do them.

Hypnosis can give you the confidence to change. There is no one coming on a white horse, there is no pill you can take. The only person who can make a change in your life is you, so do it and do it now. You are the master of your own destiny, the writer of your own story. Cut away the dead wood, leave behind any relationships that are not adding something to your life. Ask yourself is this person making my life better or worse, then act accordingly.

Hypnosis can help you to finally set goals, stick to plans and aim high. If you set goals, you want relationships with people who are there for you and can help you and encourage you to obtain your goals. If they don't do that then "bye bye."

Hypnosis can help you to stop being afraid. Being afraid is really a waste of time. It tests a good relationship and in the end, no one wants to hang with someone who is afraid to fly, afraid of dogs, afraid of change, afraid to try new things or afraid to go to new places.

Hypnosis can give you permission to make mistakes and take chances. Amazing things happen when we say yes. So, take a chance a say yes to the date, look for the new job, join the salsa class, to build new relationships you need to get outside your comfort zone. Sometimes we don't have to wait for our ship to come, we need to swim out to meet it.

Hypnosis allows us to see situations in a different ways. To allow us to forgive but don't forget. For any relationship, sometimes things go off the rails, take time to listen, forgive if someone does something that causes an issue but never forget.

Invest in yourself. Hypnosis is a form of meditation, very like mindfulness. We all invest in our relationships, our clothes, cars, career but rarely in ourselves. Take time for the relationship with yourself. Hypnosis can help with insomnia, pain, stress and anxiety.

The average lifespan is 29,000 Days, that's it, to work out how long you have left, multiple your age by 365 and deduct from 29,000. This number is on average what you have left, so you don't have a day to waste relationships which are wrong for you. Hypnosis helps to appreciate what you have and the time you have to enjoy it so don't waste another moment on negativity.

Finally, trust your gut feels. Whether is using hypnotherapy, counselling, chatting to a friend or a partner always go with your gut feelings. This is normally the right one, the unconscious mind tells you to do the right thing at the right time.



Jason O'Callaghan runs The D4 Clinic, which helps clients to overcome fears, phobia, increase confidence or lose weight. See www.D4Clinic.ie for details on how to order online session delivered direct to your phone.