



Overcome Self Criticism and Insecurity... Reduce Anxiety and Self Doubt

Mary Winn, LCSW, CHt, RRT / RTR - *Therapy with Mary*

Are you fed up with suffering from self-doubt and anxiety?

Feeling self critical or insecure can shake the very foundations of your life. Whether you're at work, out with friends, or at home, the feeling that something is going to go wrong can make things much harder than they need to be. Most people feel self critical or insecure at some point in their life. These are common feelings, and can manifest in different ways, including:

- During teenage years
- During times of upheaval and major life events
- Before a first date
- Starting a new job.

But if you're finding self criticism or insecurity a problem at other times, then perhaps it's time to do something about it.

Some people think too highly of themselves but many more people think too lowly of themselves, and keep an inner critic busy full time on telling them how useless they are. This is corrosive and demoralizing.

The problem with these emotions is that they cause anxiety and make you think negatively about yourself, impacting your confidence and your ability to take action and meet problems head on.

Ongoing self criticism or insecurity are also tiring. Your body is responding to a 'danger' signal, you're becoming increasingly anxious and, over time, worn out by worry.

Add hypnosis to your therapy - make positive changes on an unconscious level.

Hypnosis can reduce anxiety, self criticism and self doubt by re-directing your imagination. Whether you have problems with social insecurity, lack of self belief, or a more general lack of confidence in yourself, hypnosis will help make your life so much easier - and allow you to enjoy yourself much, much more.

As you relax with the hypnosis, you'll notice that you:

- Feel more confident in yourself and your own strength
- Become indifferent to thoughts of self-doubt
- Rapidly begin to develop a more measured and balanced view of yourself
- Start treating yourself more fairly and acknowledging your good points
- Feel a calmer sense of trust in yourself
- Learn how to combine the inputs of both critic and supporter to benefit from both
- Find life very much more enjoyable and rewarding

Easily learn how to take control of the tendency to over-criticize and doubt yourself, and convert this tendency into a more useful attitude of firm but loving support for yourself.

If you'd like more information, or wish to make an appointment, please call the office at 561-598-8585, or cell at 561-234-6778, or visit www.TherapyWithMary.com.



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*Clinical Hypnosis.....
Enhancing Your Therapy Experience*