

What is behind Anger and how can Hypnotherapy help



Anger is often a secondary emotion that masks deeper, more vulnerable feelings.

Some of the hidden emotions behind anger include:



Hurt – When someone feels emotionally wounded, betrayed, or rejected.

Fear – Anxiety, insecurity, or a sense of being threatened.

Shame – Feelings of unworthiness, embarrassment, or inadequacy.

Sadness/Grief – Unprocessed sorrow or loss.

Powerlessness – A sense of helplessness or lack of control over a situation

Hypnotherapy can be a powerful tool in uncovering and healing the root emotions behind anger
In the following ways:

Accessing the Subconscious Mind – Hypnosis allows you to bypass the critical conscious mind and access deeper memories, and emotions stored in your subconscious.

Identifying Triggers – By guiding you into a relaxed state, I can help you to explore the underlying cause of your anger and what it's protecting you from.

Emotional Release and Reprocessing – Through techniques like regression, parts therapy, or inner child healing, you can safely process past experiences that contributed to your anger.

Building Healthy Coping Mechanisms – in hypnosis I can help you to reprogram negative thought patterns, replacing anger-driven reactions with calmness, confidence, and emotional resilience.

Self-Worth and Empowerment – Many anger-related issues stem from a lack of self-worth. Hypnotherapy can instill a sense of self-acceptance and empowerment, reducing the need for anger as a defence mechanism.