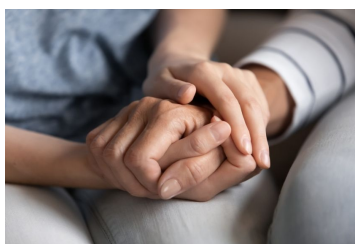


7 Stages of Guilt and how Hypnotherapy can help



Hypnotherapy works by accessing the subconscious mind, where deep emotions and beliefs are stored. Through relaxation, guided imagery, and positive reinforcement, it helps you to, process emotions without feeling overwhelmed, release guilt, regret, or unresolved trauma and find peace and acceptance.

Stage	How it Manifests	How Hypnotherapy can help
Shock & Disbelief	<p>Feeling numb or disconnected from reality.</p> <p>Difficulty processing what has happened.</p> <p>A sense of emotional paralysis, as if life is surreal.</p>	<p>Induces relaxation, easing emotional overwhelm.</p> <p>Uses guided imagery to create a safe mental space to process emotions.</p> <p>Helps reconnect the conscious and subconscious mind, reducing dissociation.</p>
Denial	<p>Refusal to accept the loss.</p> <p>Avoiding discussions or reminders of the situation.</p> <p>Believing the situation will reverse or was a mistake.</p>	<p>Gently brings suppressed emotions to the surface in a safe way.</p> <p>Encourages acceptance while reducing emotional resistance.</p> <p>Helps reframe thoughts, making the reality of the loss less overwhelming.</p>
Anger	<p>Irritability, frustration, or blaming others.</p> <p>Feeling abandoned or betrayed by a person, fate, or a higher power.</p> <p>Physical tension or emotional outbursts.</p>	<p>Uses guided relaxation to release built-up tension.</p> <p>Helps process anger in a constructive way, preventing unhealthy suppression or explosive outbursts.</p> <p>Identifies underlying pain and redirects emotions toward healing.</p>
Bargaining	<p>Attempting to make deals with oneself, others, or a higher power.</p> <p>Feeling guilty, replaying “what if” scenarios.</p> <p>Hoping for a way to undo or prevent the loss.</p>	<p>Assists in letting go of guilt and regret.</p> <p>Helps reframe thoughts, shifting from “what if” to “what now?”</p> <p>Strengthens emotional resilience to move forward.</p>

<p>Depression</p>	<p>Deep sadness, loss of interest in daily activities.</p> <p>Social withdrawal, sleep disturbances, or loss of appetite.</p> <p>Feelings of hopelessness or prolonged emotional pain.</p>	<p>Uses positive suggestions to shift negative thought patterns.</p> <p>Induces deep relaxation, reducing stress and anxiety.</p> <p>Helps restore motivation and a sense of purpose.</p> <p>Addresses subconscious blocks that keep someone stuck in depression.</p>
<p>Testing/Working through</p>	<p>Beginning to adjust to life without what was lost.</p> <p>Exploring new ways to cope and rebuild.</p> <p>Finding small moments of peace or joy</p>	<p>Strengthens self-confidence and emotional stability.</p> <p>Uses visualization techniques to imagine a positive future.</p> <p>Helps develop coping strategies for moving forward.</p>
<p>Acceptance</p>	<p>Coming to terms with the loss, even if there is still sadness.</p> <p>No longer resisting reality; integrating the experience into life.</p> <p>Finding meaning, closure, and a renewed sense of purpose.</p>	<p>Reinforces inner peace and acceptance.</p> <p>Helps create new positive associations with memories of the loss.</p> <p>Encourages personal growth and a forward-looking mindset.</p>