



## Low Self Esteem and how Hypnotherapy can help



**Low self-esteem** is a deep-seated belief that you are not worthy, capable, or good enough. It often develops from childhood experiences, social comparisons, negative self-talk, or past failures. When left unchecked, it can lead to anxiety, depression, and self-sabotaging behaviours.



**Hypnotherapy** is a powerful tool which can reprogram negative thought patterns and boost self-worth by doing the following 5 things:

### Accessing the Subconscious Mind

Hypnosis allows you to experience being deeply relaxed and this in turn allows the subconscious mind to become more receptive to positive suggestions. This is important because self-esteem issues are often rooted in subconscious beliefs.

### Reducing Anxiety and Self-Doubt

By reinforcing relaxation and confidence, hypnotherapy helps you manage stress and self-criticism more effectively.

### Enhancing Self-Compassion

Techniques like inner-child healing allow you to reconnect with and nurture your younger self addressing unresolved emotional wounds.

### Rewriting Negative Beliefs

Through guided visualisation, hypnotherapy helps replace limiting beliefs (e.g., "I'm not good enough") with empowering ones (e.g., "I am worthy and capable").

### Boosting Confidence and Motivation

Hypnosis can encourage self-empowerment, making it easier to take positive actions, build resilience, and embrace new opportunities.