

## ANXIETY & PANIC ATTACKS

John is a young man completing his PHD in Computer Sciences. He initially consulted with symptoms of Anxiety and Panic Attacks. Here follow transcripts of his comments following working with Affirmative Therapy...

“John, you initially consulted with symptoms of panic attacks and anxiety – can you tell me about that?”

“I was having trouble with Public Speaking and also when I was exercising I was experiencing dizziness and thought that I was going to die. It was like I was going to have a heart attack, so I guess panic attacks and anxiety were my main concerns”.

“How would you feel you have changed over the past few weeks that we have worked together?”

“Well, my symptoms have definitely abated over the past few weeks working with you, and my outlook on life and happiness has improved in general. I no longer have the panic attacks or the anxiety symptoms that I once had”.

“Would you have found this easy process to go through, was it what you expected or was it surprising?”

“I found you to be a very buoyant and very uplifting person and what I found was after the sessions I felt much more energised and positive about life, and I think you made a big impact.”

“Fantastic. It is true to say, and I have said it to you on number of occasions that you have all it takes to be truly successful, and I am delighted to hear the feedback you are giving. Are there any other comments that you would like to make?”

“I would just like to say that anyone that is considering doing hypnotherapy or treatment or counselling or goal setting of any kind, I would highly recommend Ian. I would hold him in the highest regards and think he is an excellent professional in what he does.”

“That’s really great to hear and I do appreciate it. I wish you the very best in your future – keep in touch.”