

# The Hypnosis Examiner

## Feature Article: “NEW BEHAVIOR GENERATOR”



One of the most essential processes of change is that of moving from a dream or vision to action. NLP has developed a kind of *all purpose* creativity strategy, organized around the process of moving from vision to action, called “The New Behavior Generator.” The basic steps to the New Behavior Generator were set out by John Grinder in the late 1970s.

The New Behavior Generator is an elegant strategy that can be applied to almost any situation that involves personal flexibility. The basic steps involve forming a visual image of a desired behavior, kinesthetically associating into the image on a feeling level and verbalizing any missing or needed elements. These three steps form a feedback loop in which vision and action interact through the intermediate processes of emotion and communication.

The goal of the New Behavior Generator is to go through a type of mental 'dress rehearsal' by generating imaginary scenarios and bringing them to concrete actions by connecting the images to the kinesthetic representational system. The strategy is based on several key beliefs:

A. People learn new behaviors by creating new mental maps in their brains.

B. The more complete you make your mental maps, the more likely you will be to achieve the new behavior you want. *(see page 2 - BEHAVIOR)*

## NEW BEGINNINGS

Spring and springtime refer to the season and also to ideas of rebirth, rejuvenation, renewal, resurrection and regrowth.

The earth awakens its dormant treasures and new plan growth begins to spring forth giving the season its name.

Snow, if a normal part of winter, begins to melt and streams swell with runoff. Frost, if a normal part of winter becomes less severe. In climates that have no snow and rarely frost, the air and ground temperatures increase more rapidly. Many flowering plants bloom this time of year in a long succession sometimes beginning when snow is still on the ground and continuing into early summer.

Ever ponder what significant changes take place within us during spring?

Think about it for a moment. What new changes do you think you'll experience this year?

~The Editor

## HAPPY EASTER



## BEHAVIOR *(from front page)*

C. Focusing on your goal is the quickest way to achieve new behaviors.

D. People already have the mental resources they need to achieve new behaviors. Success is a function of accessing and organizing what is already there.

The New Behavior Generator is a 'How To' process that both expresses and supports these beliefs through the process of acting "as if." Like all NLP strategies, the New Behavior Generator follows a particular cognitive sequence made up of processes involving the various sensory representational systems. Each step in the sequence is also supported by behavioral cues in the form of eye movements. These eye positions help to focus and stabilize the particular representational system to be accessed.

The basic steps of the New Behavior Generator Strategy involve:

1. Asking yourself, "If I could already achieve my new goal, what would I look like?" (Do this while putting your eyes down and to your left.)

2. Picturing yourself achieving your goal. (Look up and to your right to help stimulate your imagination.)

3. To help you visualize:

a. Remember a similar successful achievement that you accomplished.

b. Model someone else.

c. Picture yourself first achieving a smaller part of the goal. (Move your eyes up and to the left or right.)

4. Stepping into the picture so you feel yourself doing what you pictured. (Put your eyes and head down and to the right as you get into the feeling.)

5. Comparing these feelings to feelings from a similar past success. (Keep your eyes and head turned down and to the right.)

6. If the feelings are not the same, name what you need and add it to your goal. Go back to step 1 and repeat the process with your expanded goal. (Move your eyes and head down and to the left.)

Each of the basic steps of the New Behavior Generator Strategy can be done with precision and rigor in order to enhance its practical effects. The following is a detailed description of each step in the strategy:

1. Say to yourself, "If I was already able to...(state your goal)...what would I look like?"

2. Construct a visual image of what you would look like if you were in the act of achieving the full goal you have just stated. You should be seeing yourself in this image from a disassociated point of view as if you were above or next to yourself looking at yourself.

3. If you have trouble coming up with a clear image of yourself, use one of the following strategies:

a. Break down your goal into smaller steps. Ask yourself, "Is there any portion of my goal that I can see myself achieving?" for instance, "Can I see myself accomplishing the first step of my stated goal?" Visualize yourself successfully achieving that smaller part of your goal.

b. Use an image of yourself from a similar successful situation. Ask yourself, "Is there something similar to my goal that I can already achieve?" Visualize what you do in that situation and edit or modify the image to fit your current goal.

c. Model someone else. Ask yourself, "Who do I know that is already able to fully achieve the goal I have stated?" Visualize the what this other person does to be successful. Then visualize yourself doing what you just saw your model doing.

4. Mentally step inside of the image you created of yourself achieving your goal so that you feel as though you are doing right now what you just saw yourself doing. What would you be seeing, hearing and feeling?

5. Compare the feelings you have as you put yourself fully into that experience with the feelings you identified earlier from a similar experience in which you are already successful.

6. Decision Point

a. If the two feelings match exactly so that you feel as confident that you can achieve your new goal as easily as the goal you have already achieved successfully, then you are done.

b. If the two feelings do not match then name what is missing or what is needed (i.e., "creativity," "more confidence," "be more relaxed," etc.).

7. Apply the same rule to this statement of the needed resource that you applied to your initial goal statement. That is, state it positively. For example, if your statement of what is needed is "be less nervous," (see *MORE BEHAVIOR page 4*)

## Sports Page

### “PERFORMANCE ANXIETY”



Most of us have been told to take a few deep breaths and try to stay calm when we start to experience performance anxiety. But new research suggests there might be a better way to get a handle on the jitters.

You're about to interview for your dream job, step into a meeting to deliver a once-in-lifetime presentation or take to the stage for a daunting performance. Unsurprisingly, you're a bundle of nerves — your heart is racing, you feel queasy, the palms of your hands are sweaty — and you're starting to doubt whether you have what it takes to pull it off. So how should you handle it from here?

Most of us have been told to take a few deep breaths and try to stay calm. But while finding your inner Zen Buddhist might work for some, could there be a better way for you to manage your butterflies?

Performance psychologist, university lecturer and former professional ballet dancer, Associate Professor Gene Moyle, has come face to face with performance anxiety in all shapes and forms. Not least, when she recently worked with the Australian Skeleton team in their pre-Olympic Games preparation where nerves were at their peak.

In her view, the best way to take control of performance anxiety is to first understand it.

"We often put ourselves under pressure before a performance because we care about the result,

outcome or consequences of how well we will perform and what this means about us," Moyle explains.

"If we don't care or the level of challenge in the 'event' doesn't outweigh our beliefs about our skills and abilities to execute the task, then we are not likely to experience the same level of anxiety about it."

We all have our own experiences of performance anxiety but generally speaking common signs include an accelerated heart rate, shallow breathing, queasiness, being easily distracted, loss of concentration, becoming forgetful, needing to go to the toilet more often than usual, negative self-talk, feeling jittery and worrying about all the things that could go wrong.

While you may have been told to keep calm and carry on when you're feeling this way, a new Harvard Business School study suggests that the best way to conquer pre-performance nerves might be to pump yourself up rather than calm yourself down.

Assistant Professor of Business Administration, Alison Wood Brooks, carried out a series of experiments to test which approach offered the best control over nerves. Her findings, which were published in the *Journal of Experimental Psychology: General*, show that getting excited proved to be a useful tool for most of those people who took part in her study.

It all comes down to 'reframing' your anxiety into something positive and exciting and focussing less on the potential for things to go wrong. This allows your body to continue on without as much impact on memory, confidence and overall performance, the article explains.

Instead of thinking you might trip up the stairs, get tongue-tied or lose out on laughs when it's time to deliver the punch-line, you might want to focus on your strengths, how excited you are to take center-stage and how well prepared you are for the gig.

Moyle says reframing the situation — turning feelings of anxiety into excitement — can have a significant impact on changing the chemical make-up of the brain.

"Successfully and authentically switching a hindering mindset to a more helpful one has a physiological impact that can assist in changing the way we feel and therefore assists in the redirection of our thoughts and consequent actions."

"It provides us with extra positive energy to invest in what we are about to do and if we are generally excited about it that tends to be associated with helpful/positive frames of reference."

**MORE BEHAVIOR** *(continued from page 2)*

ask yourself, "If I could be less nervous what would I be doing instead?"

8. Refine your goal by taking the name of the needed resource that you have identified and adding it to your goal statement by simply connecting it with the word "and." For example, the goal statement may now be something like, "I want to be more assertive with my co-workers (initial goal statement) AND keep in mind their feelings as well." Go back to step #1 and repeat the strategy.

- State Goal In Positive Form
- Visualize Yourself Achieving It
- Does It Feel Like I Can Really Do It?
- Name What Is Needed Or What Is Missing

You may add any number of needed resources to your goal statement so that when you are done you may have refined your goal to something like: "I want to be more assertive with my co-workers AND keep their feelings in mind as well AND maintain a sense of my own self confidence AND remain cool if someone gets angry."

**LEVEL UP**

In NLP and hypnosis, there are many techniques. Beginners tend to try to match the techniques with particular types of issues. "OK, we'll use 6-step reframing for smoking cessation and parts therapy for weight loss." Their questions tend to reflect that perspective. But if you want to increase your skill level and flexibility — if you want to level up, there's another way. And it's actually easier.

Stop *(for the most part)* thinking about the issue and strategize about what a client needs on a process level.

What is meant by a "process level?"

Well, here's an example of process thinking. A client comes in with an issue (*I'm not going to say what it is*). In a particular situation, they get bad feelings and because of the way they feel, they're not performing the way they want to. What technique do you know that can reduce bad feelings and/or replace them with good feelings?

If you know NLP, you could do an anchor collapse. Or you could rewind a memory associated with the negative feeling, to reduce the feeling. With

hypnosis, you could suggest that whenever the situation occurs that used to make them feel bad, a more positive, resourceful feeling automatically flows through every cell of their body. Or you could regress them to the first time they felt that feeling and add resources there. You can do timeline work without content, too.

The idea is, instead of tying a technique to what issue it's good for, you think about what a technique does, how it works and then apply it logically to any situation where it makes sense.

In fact, it's a good exercise to work with someone without knowing what their issue is. If you can get this down, your work will be much faster and much more effective. And you'll be strategizing at a higher level.

*Just a caveat here: You typically need to get at least a little context information to check ecology. But for the purposes of the exercise, skip it, for now. Work with another hypnotist, or NLP person.*

Try this exercise:

1. Ask your 'client' to tell you about a problem they have or a response they don't like, without telling you what it is. Have them replace the problem with "X" and context information with generalities. Example: "Whenever I'm in a particular situation (*generality*), I "X" (*have a non-specified problem*).

2. Ask your client to get an idea of how they would like to feel and respond, and call that "Y".

3. Proceed with a technique or intervention.

Ask the client to mentally go to the last time when they experienced X. When you see what you interpret as a negative emotion, anchor it. Break their state. Ask them how they'd like to respond or feel but not to tell you but to call it "Y". Ask them to mentally step into the last time they successfully did Y and anchor that when you sense they're there. Then collapse the anchors.

It's similar for hypnosis. Ask them how they'd like to respond and to call that "Y". Induce trance then suggest that any time X happens, they automatically Y.

Now, I wouldn't recommend working completely without content all of the time. It has its traps. What if someone has a goal to become a better sharpshooter so they can assassinate someone? Or, what if they have a goal to exercise 16 hours a day? You typically need a little context to make sure they're not doing something you morally disagree with or that might have ecology issues but for this exercise, work without content.

## OVERCOMING PROCRASTINATION



Procrastination is a complex psychological behavior that affects everyone to some degree or another. With some it can be a minor problem, with others it is a source of considerable stress and anxiety. Procrastination is only remotely related to time management, (*procrastinators often know exactly what they should be doing, even if they cannot do it*), which is why very detailed schedules usually are no help.

The procrastinator is often remarkably optimistic about his ability to complete a task on a tight deadline. This is usually accompanied by expressions of reassurance that everything is under control (*therefore, there is no need to start*). For example, he may estimate that a paper will take only five days to write. He has fifteen days. There is plenty of time. No need to start now. Lulled by a false sense of security, time passes. At some point, he crosses over an imaginary starting time and suddenly realizes, "Oh no! I am not in control! There isn't enough time!"

At this point, considerable effort is directed towards completing the task and work progresses.

This sudden spurt of energy is the source of the erroneous feeling that "I only work well under pressure." Actually, at this point you are making progress only because you haven't any choice. Your back is against the wall and there are no alternatives. Progress is being made but you have lost your freedom.

Barely completed in time, the paper may actually earn a fairly good grade. Where upon the student experiences mixed feelings: pride of accomplishment (*sort-of*), scorn for the professor who cannot recognize substandard work and guilt for getting an undeserved grade. But the net result is reinforcement: the procrastinator is rewarded positively for his poor behavior (*"Look at the decent grade I got after all!"*). As a result, the counterproductive behavior is repeated over and over again.

### Steps to the Cure:

1 - Realize you are delaying something unnecessarily.

2 - Discover the real reasons for your delay. List them.

3 - Dispute those real reasons and overcome them. Be vigorous.

4 - Begin the task.

### Practice What You've Learned:

1. Think of one thing you are currently procrastinating on and write it on a paper. It might be personal, school or work-related.

2. Now write all the reasons for your delay in a column under "Reasons for Delay." This may take five or ten minutes because some of them are really hidden from you. These reasons are the controlling influences. Write down as many as possible.

3. In the "Arguments Against Delay" column, write down all the arguments against all the reasons for delay in a convincing manner. If you can argue against them successfully, you will be able to start the task.

You may still procrastinate, but now you'll be able to resolve the situation much more quickly which will enhance your feelings of self-confidence.

## WRITE & SUBMIT AN ARTICLE

We welcome written material for publication. There are no deadlines for submission. When your article arrives, it will be considered for publication in the next quarterly edition. You do not have to be a journalist or professional writer to submit an article. Just draft it and submit it. We will do the rest. It's just that simple and easy to do.

"Attach" your article to an email and submit to: [tophyno@aol.com](mailto:tophyno@aol.com)



Therapist's Corner  
MULTI-LEVEL COMMUNICATIONS



As humans, we communicate on lots of levels all at once. When we're talking to someone, we may focus on the words they say but that's just one comm channel. There are also the tone of voice, rate of speech, inflection, body language, the metaphors we relate and a lot more.

What we communicate can reveal a lot about what's going on in our minds whether we want to reveal it, or not. And if we're not congruent in all channels, it can dramatically reduce the power of our communication.

Look at it this way. Look at your communication channels like a team of dogs on a dog sled. What happens if the dogs are not all going in the same direction? What happens if they're all pulling together?

In other words, if you want to be an effective communicator or therapist, it's a good idea to make sure you're sending the same message in as many channels as you can. How do you do that?

Let's take embedded suggestions, as an example. Embedded suggestions are suggestions that are parts of our speech that we mark out in one way or another. For instance, we might say the sentence, "If you feel you can learn this quickly, good. If not, we have methods to help you absorb the information thoroughly."

We can emphasize certain words, in the following manner . . .

"If you feel you can *learn this quickly*, good. If not, we have methods to help you *absorb the information* thoroughly."

If you are like most people, italicized words sound different in the voice inside your head

We've marked out the words 'learn this quickly,' and 'absorb the information'. If we're teaching a class when we say these things, those statements are congruent (*in line*) with the goals of the class. If we keep up the consistent pattern of tonality, the

unconscious may pick up on it and take those hidden messages as a separate communication. It is kind of like a secret code.

We can use embedded suggestions in therapy and we can also listen to other people's embedded suggestions to learn more about the way their minds are structured. Yeah, that's right — people embed suggestions whether they're aware of them or not.

Your voice tone is another way to communicate something. In general, in some cultures, an upward sloping tone conveys doubt, or a question. Ask a question out loud, and notice what your voice does at the end of the sentence. "Are you going camping this weekend?" Your voice probably slopes upward at the end of the sentence.

Now, say something factual. "The chair is sitting on the floor." Notice how the tone is more flat and matter-of-fact, or slopes downward.

What does it sound like when you're doubtful? Sure? What are the qualities of your voice when you really, really believe something?. It is good to have skill in producing these tones of voice, at will.

Now, let's mix it up. Use the belief tone while asking a question. "Can you overcome this quickly?" Now mark the words "overcome this quickly" by pausing a tiny bit before you say them as well as using the 'belief inflection' just on those words. If you're a therapist, this embedded suggestion may be in line with the client's goals for the session.

There is a lot to creating healing metaphors. A good start would be to have the structure of your metaphors to match what you want to have happen in a session. If you're working with a client who you think would benefit from a different perspective on something, tell a metaphor in which a character gets a different perspective and it helps them overcome something.

Metaphors, idioms, similes and expressions, all reveal something about the person who uses them, too. In some cases, it goes right down to what images they're making in their heads.

Metaphors work because the mind understands things through association and relationship. If you tell me you're facing a difficulty and I tell an inspirational story about someone overcoming a difficulty, you understand what it means. I mean for you to do the same.

Let's say you tell me that you want to stop biting your nails. I tell you a story about my friend Lisa who stopped biting her nails. You understand that story is to help you stop but it might be too obvious. You or a client might have a belief that you can't accomplish that goal because of some inherent lack of ability or perhaps your situation (*see COMMUNICATIONS next page*)

## COMMUNICATIONS *(continued)*

is different from the role model in the story that you have a 'but'. "But Lisa is younger than I am and it's easier to break habits when you're younger."

That's what we call resistance!

The way we bypass resistance is to tell a story that's related enough to trigger the unconscious associations but perhaps not so obvious for conscious resistance to kick in.

So, what unconscious associations do we want to activate with our metaphors? The ones that help us help the clients to reach their goals! So, a healing metaphor's job is to elicit healing associations and patterns.

The following is a quick Milton Erickson example:

He went to see a stroke patient and talked about all the road construction and repair he ran into on the way to the hospital. He talked about rerouting traffic and that things were slowed down and inconvenient at the moment. People would have to learn new paths. However, the repair work was progressing rapidly. Soon many of the roads would be repaired, the traffic could flow quickly and there might even be some new routes to enjoy.

Now, that metaphor was meant to trigger associations to re-routing, repair and eventually, returning to full function. That's exactly what the stroke patient needed to do internally — reroute the brain's traffic signals, repair things, learn new routes, etc. Road rebuilding and repair was a metaphor for brain rebuilding and repair.

Wanna bet there were a few embedded suggestions in there too? "The workers are able to improve things quickly." In other words, Erickson was communicating congruently and all of it was pointed toward the patient's healing. His metaphors, his body language, his tonality were all pointed the same way.

Metaphor, voice tone and embedded suggestions are just a few things to check to make sure your communication is as congruent and effective as possible.

After all, doesn't it make sense that hypnosis and neurolinguistic programming (NLP) would basically be effective communications between two people to assist one person in achieving their success in attaining a goal?

## TREATING PHOBIAS

Not all fears are harmful. In fact, many are even useful. For example, a youngster who has not been

conditioned to fear traffic may stroll in front of a truck with the same ease as he would crossing the path of the family cat. In this case, fear is useful and beneficial for personal safety.

Learn to distinguish useless fears from phobias. There are useless fears that nearly all people seem to manifest from birth, such as fear of snakes, spiders and excessive heights. A person with a useless fear that is magnified into a single simple phobia can most often function quite well by avoiding the one object, animal or situation that stimulates the fear.

If a phobia does not interfere with a person's emotional, social or work life, then it may not require treatment.



To determine the degree to which your fear is affecting you, ask yourself the following:

- Is my fear taking up a lot of time?
- Is my fear forcing me to do things the hard way?
- Is my fear affecting the other relationships in my life?
- Is my fear affecting my physical condition (*shaking frequently, rapid pulse, headaches, blurred vision or nausea, stuttering, depression*)?

The majority of phobias are generated from one of the following causes:

- The product of severe stress.
- The product of a series of experiences occurring over a period of years.
- The product of a fear of fear.
- Transmitted to you by another person.
- The result of a severe past trauma.

Get rid of your phobia. Regardless of the type of phobia, there are several major steps that you can take to rid yourself of the fear.

- Identify the event that caused the fear.
- Confront your fear while experiencing it as a nonthreatening experience.
- Increase your self-confidence.
- Reprogram your subconscious using a sportive posthypnotic suggestion in regard to your specific fear.

Most importantly, seek help from a qualified health care provider or clinician.

# *The Phobia Phighters*



## *Can Phix Your Phobia!*

Fears and phobias can rob your reality and make life difficult to enjoy life.

Hypnosis is a reality that can give you back your freedom.

Learn exactly how you can become “**Phobia-Phree**”

Call (609) 923-4999 or Email [tophypno@aol.com](mailto:tophypno@aol.com)

---

### THE INSTITUTE OF HYPNOTHERAPY SCHEDULE OF CLASSES 2017-18

#### Basic Hypnotherapy

Basic Part I

Mar 25-26, 2017

Jun 10-11, 2017

Basic Part II

Apr 8-9, 2017

Jun 24-25, 2017

#### Advanced Clinical Hypnotherapy

Advanced Part I

Apr 22-23, 2017

Advanced Part II

May 6-7, 2017

Specialty - Past Life Regression Certification  
(4 Days): TBA

#### Advanced Parts Therapy Workshop

Advanced Part III

May 20-21, 2017

#### Specialty - Hypnotherapy Life Coaching Certification

Part I

May 27-28, 2017

Part II

Jun 3-4, 2017

#### Understand & Develop Your Psychic Abilities

Jun 17-18, 2017

#### Medical/Dental Hypnotherapy Certification

Jul 29-30, 2017

Oct 7-8, 2017

Classes are conducted in Edison, New Jersey  
190 Route 27 - 3rd Floor  
(Exit 132 Garden State Parkway)  
Edison, NJ 08837

For more information, contact:  
Dr. Jaime Feldman  
[DrJaimeF@aol.com](mailto:DrJaimeF@aol.com)  
(732) 446-5995



## GIFT CARDS!

Health & Wellness, Unlimited now offers “Gift Cards” in preset denominations of \$25, \$50, \$100 or we can create a specific amount of your own personal choice!

Use them like you would cash for hypnosis sessions, CDs, MP3s, or any other services/products offered in our business.

Gift cards make great presents for family, friends and coworkers.

To order your Gift Cards, call (609) 923-4999 or email [tophypno@aol.com](mailto:tophypno@aol.com).

## THE INSTITUTE OF HYPNOTHERAPY

Looking for a rewarding professional career? Have you considered Hypnotherapy?

The Institute of Hypnotherapy provides an innovative program designed to give the participants a working understanding of Hypnotherapy. This course is practical and down-to-earth, concentrating heavily on the how-to-do-it aspects.

By means of supervised practice sessions you will be trained to actually produce the hypnotic state and use it skillfully and effectively. Well thought out, tested-and-true, this course will help you master your hypnotherapy skills and increase your results.

For more information, go to [www.hypnotherapyinstitute.com](http://www.hypnotherapyinstitute.com), or [DrJaimeF@aol.com](mailto:DrJaimeF@aol.com), or call (732) 446-5995.

Got Problems?  
We have Solutions!  
Have you tried Hypnosis?



Get **10% off** the Initial Visit when you mention this advertisement.

Get **15% off** when you Print & clip this ad, bring it to your Initial Visit.

Get **20% off** when you Download our “Hypnosis HWU” App to your favorite device.

Health & Wellness, Unlimited  
[tophypno@aol.com](mailto:tophypno@aol.com)  
(609) 923-4999

## GET THE “HYPNOSIS HWU” APP

Read any of the 5 latest published editions of “The Hypnosis Examiner” newsletter whenever you wish.



Listen to hypnotic Audio recordings right at your fingertips for personal use anytime and anywhere.

Check out our monthly coupons and specials right on your device.



You can get “FREE” advertisement for your hypnosis practice. Inquire how this is done!

View informative video recordings that demonstrate how hypnosis works.

Learn the difference between “Fact or Fiction” about common hypnosis myths and misconceptions.



## COMEDY CORNER

A frog asked the loan officer at a bank, Ms. Patty Stack, for a loan. She asked if he had any collateral. The frog showed her something that looked like a marble and said, “This is what I have for collateral.”

Ms. Patty Stack took the marble to the bank president and said, “There’s a frog out there who wants a loan and this is what he has for collateral (*showing him the marble*).

She said to the president, “Do you know what this is and should I give him the loan?”

The bank president stood up from his chair and looked at her and said, “Why, that’s a nick knack, Patty Stack, give that frog a loan.”

## ENOCLOPHOBIA



The fear of crowds or Enochlophobia is known by different names such as Ochlophobia and Demophobia. As the name indicates, this phobia consists of an irrational fear of large crowds and gatherings of people. Enochlophobia is closely related to Agoraphobia (*which is the fear of and desire to avoid situations wherein one believes s/he may be subjected to incapacitation, humiliation etc*).

Enochlophobia is a common social phobia that is known to affect many people today. Women tend to be affected by it more than men.

Every case of Enochlophobia is different and depends on the thoughts, movies and images the individual associates the large crowds with. This is mainly due to different thinking patterns of each phobic. Thus, there is no one cause for the fear of crowds but most experts blame genetics, biochemical irregularities, stressful or traumatic life events and inaccurate beliefs for the fear of crowds.

An individual suffering from excessive fear of crowds finds the masses of people too noisy. As a result, s/he fears being unable to hear what one is supposed to hear. The individual feels his personal space may get violated by the crowd and s/he goes to great lengths to avoid crowds or free themselves from it. Typically, shy individuals or people who are unable to desensitize themselves from the emotions of people in the crowd are more likely to suffer from Enochlophobia.

Many demophobic individuals are certain of being trampled or crushed by the crowds. They also fear catching germs or viruses due to close contact with sick people around them. The fear of getting lost, the insecurity of being surrounded by strangers and feeling small and insignificant in the crowds are a few of the thoughts in the minds of Enochlophobics.

### T.H.E. BACK ISSUES

Missed some issues last year? That's no problem. You can order back issues and catch up on the news easily. Select from below:

**January 2016 - Vol. 5 #1**

Feature: Anchors, Hypnosis, Advertising

**April 2016 - Vol. 5 #2**

Feature: Our Dreams

**July 2016 - Vol. 5 #3**

Feature: Up The Corporate Ladder

**October 2016 - Vol. 5 #4**

Feature: The Human Psyche

**December 2016 - SPE**

Feature: Emotions

Order any back issues and have them sent directly to your email inbox.

Send request to: [tophypno@aol.com](mailto:tophypno@aol.com)

### T.H.E. Editor

*Six Years of Publication*



*Jonathan B. Walker,  
PhD, LPN, RMT, CSH, MHt*

- Master Hypnotherapist
- Certified Sports Hypnotist
- Medical & Dental Specialist Boards:
- International Hypnosis Federation
- American Board of Hypnosis
- International Association of Counselors & Therapists
- International Medical Dental Hypnotherapy Association