



▪ Hungerford

▪ Marlborough

▪ Newbury

▪ Personal Relationships.

Christmas and New Year along with any holiday period is particularly challenging and often difficult, increasing and putting additional strain on relationships. New Year is typically a time when we reflect upon our relationships with our partners and look for answers or to make changes.

So many people find themselves asking these questions and searching for the answer.

- How do I find the strength and courage to end this relationship?
- How do I cope now I find myself on my own?
- How do we talk without arguing?
- Now we have decided to stay together, how do we move forward and leave the past behind?
- I 'love' my partner but I am not 'in love' with them, how do I get that feeling back again?
- How do we find time for each other and bring the sparkle back into our sex life.
- Can I ever fancy and feel turned on by my partner again?
- How can I learn to trust again?
- How do I build my confidence in myself and feel attractive as well as attracted to others?
- How can I start to rebuild and enjoy my life again?
- How do I stay calm and in control with all the legal and financial issues going on?
- How do I deal with all this emotional turmoil?
- The bottom has fallen out of my world, how do I put it back together again?

Hypnotherapy, NLP and CBT can help to find answers and resolves all of these questions and many more. Often relationships don't have to end its just finding a way forward and out of the challenging 'rut' or situation we often find ourselves in.

Within 3 to 4 sessions you will see and feel so very different. Many clients male and female have come to me on the 1st session very emotional, distraught and utterly confused. Within 4 sessions they have regained emotional control, they can deal with situations rationally, they begin to change they way they think about things and start to see life in a new and positive way.

My treatment programme helps couples to 'see' the changes that need to be made in the relationship and give easy quick techniques on how to implement these changes positively. Clients can be seen individually or if both parties want to, I can work with partners either together or separately.

If you are trying to find a positive way forward in your relationship, answer any of the above questions or overcome a relationship breakup, my treatment programme helps to bring emotions and life back into order quickly and pain free.

***Change the way you think and you will change the way you feel,
You will then be amazed at just what you can achieve.***