

Getting over the Green Devil through Hypnotherapy for Jealousy

Jealousy is one of the most human of all emotions, and each one of us has experienced it at one time or the other. Jealousy towards your spouse/partner, jealousy towards a sibling, jealousy towards a co-worker, these are but a few examples of this human emotion. While in some cases this jealousy is at a controllable stage, there are yet others when this emotion just takes over the lives of people, and it is then that the warning bells start ringing. Some amount of jealousy is natural to all people, but when it becomes an obsessive trait there is cause to worry, for driven by this Green Devil, we end up hurting the people we love and causing mental torture to both them and us. Once you have identified this emotion as one that has to be dealt with, hypnotherapy for jealousy is one of the most effective routes you could take to control it.

Jealousy, is a result of an over active imagination and an underlying insecurity. As someone rightly said, "an idle mind is a devil's workshop?". This misguided imagination makes us do some terrible things. You can't stop thinking about your partner, each and every innocent thing that he says and does, seem to take on epic proportions of infidelity to you. You find yourself imagining scenarios about your partner, and in the process torment yourself. You know that it's not good for your relationship, but you simply can't stop. Jealousy can be tragic and devastating to a relationship, it can create bitterness beyond imagination. In some cases it can lead to domination, controlling behavior and even physical violence; and I do not need to wax eloquent on how effective these things are in killing love and relationships. If you realize that it's time to keep a check on your jealousy, you have already taken the first step towards bettering situations. Hypnotherapy for jealousy will take you a long way from there.

As I said, jealousy is often caused by our insecurities; hypnotherapy for jealousy takes stock of the past and present events in your life and identifies the core issue, which might be the catalyst to such behavior. Once the trigger is identified, hypnotherapy for jealousy helps you get over the negative emotions, through the power of positive thinking and auto-suggestions. Insecurity is effectively dealt with by changing your self-image and perception. Your self esteem is boosted by auto suggestions, and this reflects in your outward behavior. Your fertile imagination is weeded out thoroughly for unwanted scenes and undesirable stimuli, to give it a more healthy and positive outlook.

Hypnotherapy for jealousy works faster than you can imagine. Your partner will be astounded to see the new you, and it is needless to say that it will bring about a dramatic positive change in your relationship. Gone are the ugly scenes and the nagging suspicion, both you and your partner will benefit from these changes. If you stop imagining things, and learn to trust your partner, you will stop torturing yourself mentally. On the other hand, with this renewed trust your partner will feel less threatened and controlled, and will subconsciously react in a positive way towards you. Remember that though you feel your overwhelming love for your partner justifies your desire to control his/her actions, you know deep down it is not the done thing. Add to that the fact that chewing your nails while imagining worst possible scenes involving your mate, and an imaginary "Other?" will bring you no good. So its time you got yourself a manicure for your hands, and hypnotherapy for your soul.

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About the Author

Richard MacKenzie is an expert in using Hypnotherapy for Jealousy <http://www.richardmackenzie.co.uk/jealousy.htm> and he also has a great range of Hypnosis Downloads <http://www.richardmackenzie.co.uk/et.htm>