Getting Over Fear of Needles Through Hypnosis

Everyone is afraid of something. Some people fear clowns, some have a fear of heights, enclosed spaces, insects, storms, and needles. For now, forget about the other fears because today, we're going to talk about the fear of needles and how to get over it through hypnosis. The fear of needles is also called Trypanophobia. Those who have it, get repulsive thoughts whenever one has to insert the needle either for drawing blood for tests or for vaccinations. The majority of them even pass out by just looking at it due to excessive fear which causes a drop in the blood pressure. This fear is very common and there’s no shame in accepting it. Luckily, there are some practices you can implement that will help you easily overcome this fear; one of them being hypnosis.

The majority of the people have gotten over the fear of needles by using simple yet effective techniques of hypnosis. You can either do it by yourself or request someone to do it for you. But either way, you're the only one who can control your own mind. There are many people who undertake hypnosis sessions but essentially, there are three steps that will help you conquer your fear of needles using self-hypnosis.

* **Step 1. Relax.**The first thing you need to do is relax. Lose the tension in your body and just breathe in through your nose and exhale through your mouth. Think of beautiful and peaceful places that you think will help you relax. Imagine walking on the soft sand while listening to the tidal waves and seagulls or strolling on an empty street where cherry blossoms rest. The important thing is, you need to relax first before you start your battle. You can even listen to calming audios to relax quicker.
* **Step 2. Creating a sequence.**

This clear step will help you understand your fear better and defeat it easily. Try to create a couple of situations in order such as; taking an appointment, sitting outside the doctor's office, then going inside for the blood test and finally seeing the needle. Try to control your mind through these train of thoughts. Remember, don't overdo it. Know your limits but try to stay in that situation for a while. Imagine the needle carefully or if you're too unfocused, keep a photo of a needle or try holding a real needle to get more out of this therapy. Ask yourself, are you still feeling anxious? Or are you getting on well and the doctor is ready to give you the injection? Evaluate your feelings and repeat the sequencing procedure until you're sure that you can manage the tiny prick.

* **Step 3. You can do it!**

This step requires courage and a strong mindset. Once you’ve realized that needles aren’t really painful, it’s time for you to go to the hospital and get a basic injection such as a blood test or a donation. Forget about the pain you’ll feel or how long the needle is. Just focus on happy and positive things such as you’re giving your blood for a good cause or it’s inevitable that you get a blood test to stay healthy. I won’t lie and tell you that you won’t run away the moment you see the needle, but I can guarantee you that using these steps will help you control your mind.

Tell yourself that there’s nothing to be afraid of. Defeat those obnoxious thoughts and sensations and know that a needle can’t kill you.