the same, learning the same patterns of stress, for example if from a young age you have watched your father become stressed when he was driving, this could encourage you to become stressed when you are driving and this is called 'modelling'. Another cause of stress could be due to type of personality. Type A personality, which involves being prone to overachievement, working towards unrealistic goals, being competitive, quick to show signs of anger, constantly being aware of time and rushing. People with this personality could be addicted to stress and this could contribute towards a lifestyle. Another is stress because of fears and change and what you should be doing, this involves expecting a disaster or form of danger constantly, and feeling life should go a certain way and if it doesn't, this can cause stress. Another is experiencing stress because of inescapable pain or discomfort. This is from a real physical cause with physical pain and can cause emotional feelings when others are repressing and refusing to accept feelings such as hurt, anger or stress. A dietary deficiency or as a female stress as product of PMS.

When treating a client for stress, a PMR and deepener aimed at the client modalities should be used as well as trigger words such as 'relax' and 'calm'. It is important to make sure the screed is aimed at the individual to try and determine the best possible results, this involves learning about the client before the therapy starts, finding out about their modalities and aspects of their life which could be used in the screed to help the result of the hypnotherapy, however, equally the client must be prepared to take responsibility for their treatment. Limitations of clients using hypnotherapy to reduce stress is that they need to be aware they will need to work on their condition and not expect hypnotherapy to fix the problem without working on it themselves, they will need to be prepared to make changes in their life in order for it to work. This also includes believing the hypnotherapy will work, a client that comes to hypnotherapy not believing they will see results is likely not to see