

Symptom Effectiveness Chart

Techniques	Breathing	Progressive Relaxation	Meditation	Visualization	Applied Relaxation	Self Hypnosis	Auto-Genics
Symptoms							
Anxiety in specific situations (tests, deadlines, interviews, ect)	X	X	x	x		x	
Anxiety in your personal relationships (spouse, parents, children)	X	X				x	
Anxiety, general (regardless of the situation or people involved)	X	X	X	x	X		x
Depression, hopelessness, powerlessness, poor self- esteem	x	X	X				
Hostility, anger, irritability, resentment	X		x				x
Phobias, fears		X			X		
Obsessions, unwanted thoughts	x		X				
Muscular tensions	X	X		x		x	X
High blood pressure	x	X	x				X
Headaches, neckaches, backaches	x	X		X	X	X	x
Indigestion, irritable bowel, ulcers, chronic constipation	x	X				X	X
Muscle spasms, tics		X		x	X	x	
Fatigue, tired all the time	X	X				X	x
Insomnia, sleeping difficulties	x	X			X	X	x
Obesity	x					x	
Physical weakness	x						
Job stress	x						
Chronic Pain	X	X	X	X	x	X	X
Chronic Illness	X		X	X		x	x

The most effective techniques for a particular symptom are marked with a boldface X, while other helpful techniques for that same symptom are indicated by a lighter x.

*Important physical symptoms may have purely physiological causes. You should have a medical doctor eliminate the possibility of such physical problems before you proceed on the assumption that your symptoms are completely stress related.