



Testimonials: Hypnosis for Test Anxiety

Overcoming Test Anxiety

Bonnie Slykhuis has made a huge impact in my life using her hypnosis services. After being unsuccessful taking my nursing boards, I was recommended to her by my nursing instructor to help cope with my test anxiety. I was a little leery walking into her office the first time, but only because I thought that hypnosis was silly and something you only did at proms and bars, or used to quit smoking, and used to get over fears of certain things. I was completely blown away with how she explained that hypnosis is SO MUCH MORE! She taught me how to train my mind into a state of relaxation, allowing my subconscious mind to process and perform the tasks I needed to do well on.



I was bound and determined to pass the exam I was preparing for, so I listened to the CD Bonnie told me to listen to and did the exercises she had suggested for me 5 times out of 7 days a week. The deeper I allowed myself to go into hypnosis, which sometimes was more difficult than others, allowed for me to feel more comfortable and secure when I practiced answering test questions. By taking 2 minutes to take a few deep breaths when I got overwhelmed, my mind was able to search and process the information I needed to be successful with each question I answered. All which I learned from Bonnie's CD.

Test day came and went, and when I got my results I had PASSED the exam. I now believe that hypnosis is much more than most people see it out to be. Give it a chance, I did and it changed my life.

Thank you for giving me the opportunity to learn and utilize hypnosis. I still to this day use the skills I learned from her services to help get me through stressful times. I would recommend Bonnie without hesitation to anyone needing the services she provides. She is truly amazing and is willing to do anything to help you succeed. -*Madison DeSart, RN*

Poor Test-Taker No More!

While in school, I constantly told myself I was a bad test taker, which resulted in me never achieving the test grades I wanted. I was constantly having test anxiety and went into every test knowing I was going to do poorly. Finally, a nursing instructor recommended that I do hypnosis to improve my test scores. After doing just one session of hypnosis, my test scores improved from below 78% to 90%. I was completely shocked with my results and continued to go for more sessions, which helped me to obtain high test score results the rest of the semester. Bonnie does a wonderful job explaining the process and training your mind to believe the best in yourself. She also genuinely cares about your progress and your outcomes from therapy. It is without a doubt that I recommend trying hypnosis to help you in any aspect of your life! -*Morgan Lansman*



Test Anxiety

Wait time, Quality, Environment, Customer service

Kim was amazing and so easy to get along with. I truly felt like she cared about what I had to say and took that in account when figuring out how to help me. Overall, I had an amazing experience and will be strongly recommending this to peers. -*Elizabeth Burlage*



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Anxiety Is Real!

Anxiety is real. It is overwhelming and consuming. It makes me assume the worst and question every decision that I face. I made it through nursing school using my own coping strategies to deal with anxiety, specifically over test-taking. When I was preparing for my nursing boards, I found myself overwhelmingly stressed with comprehensive practice exams. I was determined to pass on my first try and was doing everything in my power to succeed. Well, almost everything. I heard from a friend who used hypnotism to help her focus and give her the confidence to pass her boards. I thought 'why not?'. This experience exceeded all expectations that I had! I had two one-on-one sessions with Bonnie and she gave me a recording to listen to. I went into the one-on-one session with an open mind, allowed myself to fall deep into relaxation and my subconscious mind to pull through. I listened to the recording before bed or whenever I felt myself becoming stressed. This helped me calm down and force me to allow time for myself through meditation and hypnosis. I passed the NCLEX exam on my first try! My only regret is not utilizing Bonnie and her hypnosis services much sooner as a student. *—Jamie Bandstra, Nurse*



Help Through A Difficult Time

I could not be more grateful from my experience at H3 Hypnosis. I am in nursing school and have struggled with testing anxiety, self worth, and various other issues throughout my life. Kim Molloy not only made me feel safe and welcome, but provided a relaxing experience to help ease my mind before a major test. Prior to this experience, I was not aware of how many benefits hypnosis has. If you are struggling with anything from past trauma, anxiety, depression, stress, hypnosis I can help. I never thought that I would have such a positive result from this, but I can not thank Kim enough for helping me through such a difficult time. I highly recommend giving this a try!!! *-Faith Wilson*

On the Verge of Failing

I was on the verge of failing my Nursing II class which would ultimately knock me out of my nursing program. My test anxiety was through the roof and it was having a major impact on my exam performance. I needed help getting my stress and test anxiety under control in the worst way and Kim helped me do just that through hypnosis. I met with Kim just as I was gearing up for final exams and it made all the difference in the world. I went into my exams feeling confident that I could pass and that I knew the material. I did pass and I have Kim and hypnosis to thank for it! *-Leah Hill*



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RN Overcomes Test Anxiety



Bonnie Slykhuis has tremendously impacted my life with her hypnosis services. After being unsuccessful at passing my nursing boards, I was frustrated and confused on what or where to go next. My nursing instructor recommended I schedule an appointment with Bonnie to address my testing anxiety. Unsure but determined to pass my NCLEX exam, I nervously scheduled an appointment. Bonnie eased some of my anxiety by explaining how hypnosis worked, what to expect, and addressing questions and concerns I had about it before the actual hypnosis took place.

I was given a hypnosis recording to listen to on my own. We met several times over the next month until a week before my exam. The sessions and the audios taught me how to relax my body and subconscious mind on my own. The different approaches helped me to engage different relaxation techniques and feel more comfortable with hypnosis. Each session helped build my confidence which reflected in my ability to successfully answer practice test questions. I was taught to pause, sit back, close my eyes, and take 2 deep breaths. This allowed my mind to stop and refocus when I felt frustrated or overwhelmed on a question. As a result I learned how to not feel overwhelmed during my exam.

The night before my big exam and I was a nervous wreck. Prior to going to bed I listened to the Mp3 hypnosis recording. This was a great reminder that I was going to be successful and was going to pass.

I was super anxious on test day. I utilized the techniques I had learned throughout my exam to stay relaxed, focused and to successfully answer each question. A few days after the exam I received my results. I felt so proud of myself when I saw PASSED on the screen.

Before being hypnotized I suffered from bad testing anxiety. After gaining knowledge and giving it a try I would tell people to give it a chance. Thank you Bonnie Slykhuis for being able to provide me with this wonderful hypnosis experience. -*Olivia Olson, RN*

Failing to Excelling

I found myself in term 5 failing nursing school & being very scared. Yes, nursing school is naturally hard but I was understanding the material but didn't understand why I was doing so badly. I have always viewed myself as a poor test taker so it was easy to blame my poor exam scores on that, however, my friend sitting next to me in class (who also had been doing poorly) had just been to see Bonnie for hypnosis & scored a 90 on her exam! I was thrilled for her but I still needed to improve. So I too went to Bonnie & now here I am able to tell you that I went from failing 3 exams to passing my final nursing exam with a 90%!!! I was skeptical at first but was willing to do anything to pass & I did! I cannot thank Bonnie enough & I highly recommend trying (& repeatedly trying) hypnosis. -*Kathryn Taylor*

