

# Super Stress Solutions

*Cutting Edge Strategies To Transform Your Life.*

<http://www.superstressolutions.com>

## ANXIETY, PANIC ATTACKS, FEARS & PHOBIAS

### A. Treatment Outcomes

- 5 Maximum, symptoms virtually non existent
  - 4 Significant, exceeded expectations in symptom reduction
  - 3 Moderate, Acceptable outcome improvement made
  - 2 Slight, below expectations some symptom reduction
  - 1 None, not helped at all
- Overall Satisfaction Rating 4.1

What participants say about the consulting they received for **Anxiety, Fear & Phobias**.

### B. Sensitivity of Consultant

- 5 Greatly
  - 4 Very much
  - 3 Moderately
  - 2 Slight
  - 1 Not at all
- Overall Satisfaction Rating 4.6

### C. Competence of Consultant

- 5 Very Competent
  - 4 Competent
  - 3 Adequately
  - 2 Slightly competent
  - 1 Incompetent
- Overall Satisfaction Rating 5.0

### D. Additional Help

- 5 Greatly
- 4 Very much
- 3 Moderately
- 2 Slight
- 1 Not at all

Overall Satisfaction Rating 4.1

### E. Experience & Expectations

- 5 Very much in a positive way
- 4 Slightly in a positive way
- 3 Slightly in a negative way
- 2 Very much in a negative way

Overall Satisfaction Rating 4.8

### F. Willingness to return/refer to others

- 5 Very willing
- 4 Moderately willing
- 3 Slightly willing
- 2 Reluctant
- 1 Not willing

Overall Satisfaction Rating 4.8

Improvement in personal well Being,

Before Treatment



After Treatment



**Testimonials** - What participants say about the consulting they received specific to **Anxiety, Panic Attacks, Fear** and **Phobias**.

“Thank you Mark you helped a lot.”

C.R

“The consultation has been beneficial and has helped me tremendously.”

A.L

“I feel a lot better about myself. I am more confident and I don't worry about panic attacks like I used to, Much better.”

B.D

“Thanks so much, life changing.”

J.C

“Although a lot of information was given, the whole program with effective coping strategies has helped me tremendously.”

F.E

“Excellent experience, likely saved my life. Certainly improved it a great deal. Still a lot of work ahead but now at least I am in the driver's seat.”

D.M