

Gut-Directed Hypnotherapy for IBS Quick Check

Use this before treating gut-directed hypnotherapy like your automatic next purchase.

1. Pattern Check

- My symptoms already look like IBS, or I have been told IBS is the main framework.
- I understand this therapy is not meant to replace medical evaluation when the diagnosis is unclear.
- Stress, anticipation, routine disruption, or symptom fear clearly make my IBS feel worse.

2. Expectation Check

- I am not expecting this to work like instant symptom suppression.
- I understand the evidence is promising but not absolute.
- I know this is IBS-specific guided therapy, not stage hypnosis.

3. Mechanism Check

- I can see that my IBS may involve more than food alone.
- I am willing to practice regularly rather than treat this like a one-time hack.
- If food triggers are still the loudest part of the pattern, I know diet strategy may still matter more right now.

4. Access Check

- I have realistic access to a trained therapist, group program, or credible digital program.
- I understand that app evidence is improving but still varies by program.
- I am choosing based on fit and evidence, not hype.

5. Bigger-Plan Check

- I have a broader IBS plan beyond one therapy.
- If I have IBS-C or IBS-D dominant symptoms, I am also thinking in subtype-specific terms.
- If symptoms are worsening, changing, or no longer fit the IBS story cleanly, I am prepared to get more evaluation.

Quick Read

If you checked most boxes in Sections 1-5, gut-directed hypnotherapy may be a reasonable next lever. If not, the better next move may be diagnosis, subtype-specific care, or broader troubleshooting first.