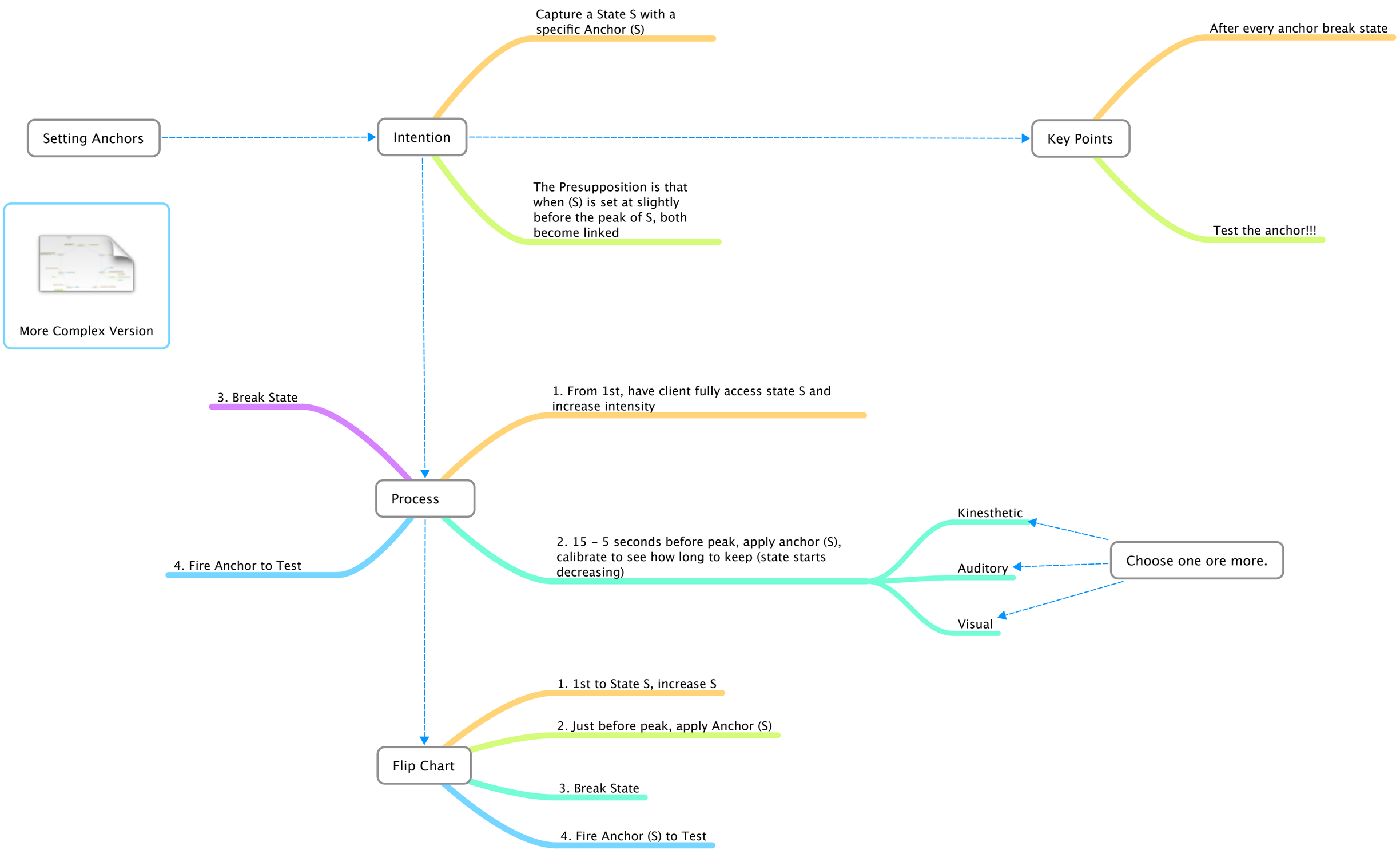
Setting Anchors
Intention
Capture a State S with a specific Anchor (S)
The Presupposition is that when (S) is set at slightly before the peak of S, both become linked
Key Points
After every anchor break state
Test the anchor!!!
More Complex Version
Process
1. From 1st, have client fully access state S and increase intensity
2. 15 – 5 seconds before peak, apply anchor (S), calibrate to see how long to keep (state starts decreasing)
Kinesthetic
Auditory
Visual
Choose one ore more.
3. Break State
4. Fire Anchor to Test
Flip Chart
1. 1st to State S, increase S
2. Just before peak, apply Anchor (S)
3. Break State
4. Fire Anchor (S) to Test