



Simple Map Across

Intention

Used to transfer aspects (sub modalities) of state R to state U

Usually R is a resourceful state, and U is an unresourceful state.

Normally, 1st means, go to 3rd, elicit VA, then go to first for full VAK

This means, he maps the structure of R onto the content of U

4. Map Across: Client accesses State U and changes one by one the sub modalities of U to the matching ones of R

Break State after!

5. Do the mapping a couple of times to make sure the structure of R is entirely mapped over to U

Process

1. From first, elicit Sub Modalities of State U

Break State after!

2. From first, elicit Sub Modalities of State R

Break State after!

Take Notes if necessary

3. Contrast Analysis: Notice which sub modalities are different between both states

6. Ecology check and Test - any other adjustments needed: Access U (now with Sub Modalities of S) and calibrate.

Flip Chart

1. From 1st, Sub Mods of State U; Break

2. From 1st, Sub Mods of State R; Break

3. Contrast Analysis to get different Sub Mods

4. Map Across Sub Mods of R while in 1st with state U

5. Repeat a couple of times, Break State after each run

6. Test: Access State U, should have Sub Mods of S