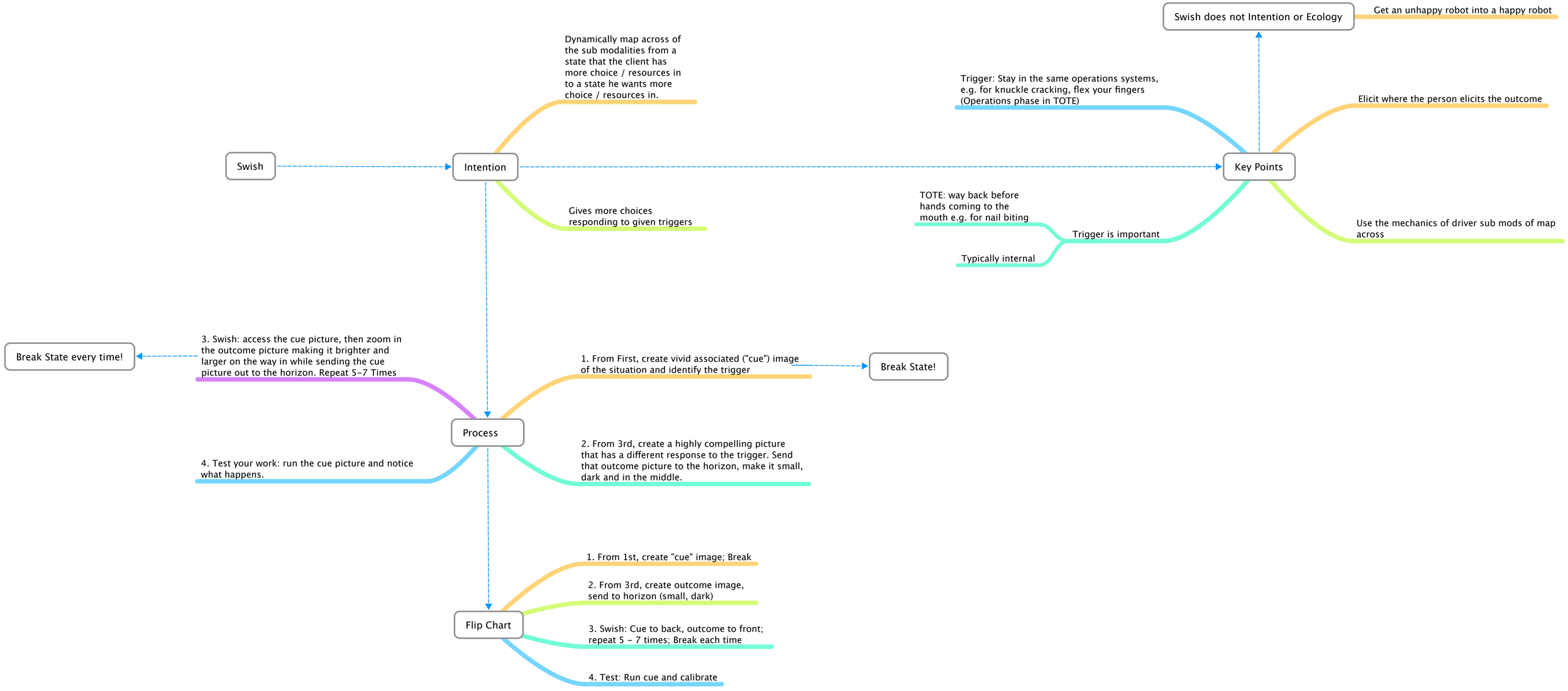
Swish
Intention
Dynamically map across of the sub modalities from a state that the client has more choice / resources in to a state he wants more choice / resources in.
Gives more choices responding to given triggers
Key Points
Swish does not Intention or Ecology
Get an unhappy robot into a happy robot
Trigger: Stay in the same operations systems, e.g. for knuckle cracking, flex your fingers (Operations phase in TOTE)
Elicit where the person elicits the outcome
Use the mechanics of driver sub mods of map across
Trigger is important
TOTE: way back before hands coming to the mouth e.g. for nail biting
Typically internal
Process
1. From First, create vivid associated ("cue") image of the situation and identify the trigger
Break State!
2. From 3rd, create a highly compelling picture that has a different response to the trigger. Send that outcome picture to the horizon, make it small, dark and in the middle.
3. Swish: access the cue picture, then zoom in the outcome picture making it brighter and larger on the way in while sending the cue picture out to the horizon. Repeat 5-7 Times
Break State every time!
4. Test your work: run the cue picture and notice what happens.
Flip Chart
1. From 1st, create "cue" image; Break
2. From 3rd, create outcome image, send to horizon (small, dark)
3. Swish: Cue to back, outcome to front; repeat 5 - 7 times; Break each time
4. Test: Run cue and calibrate