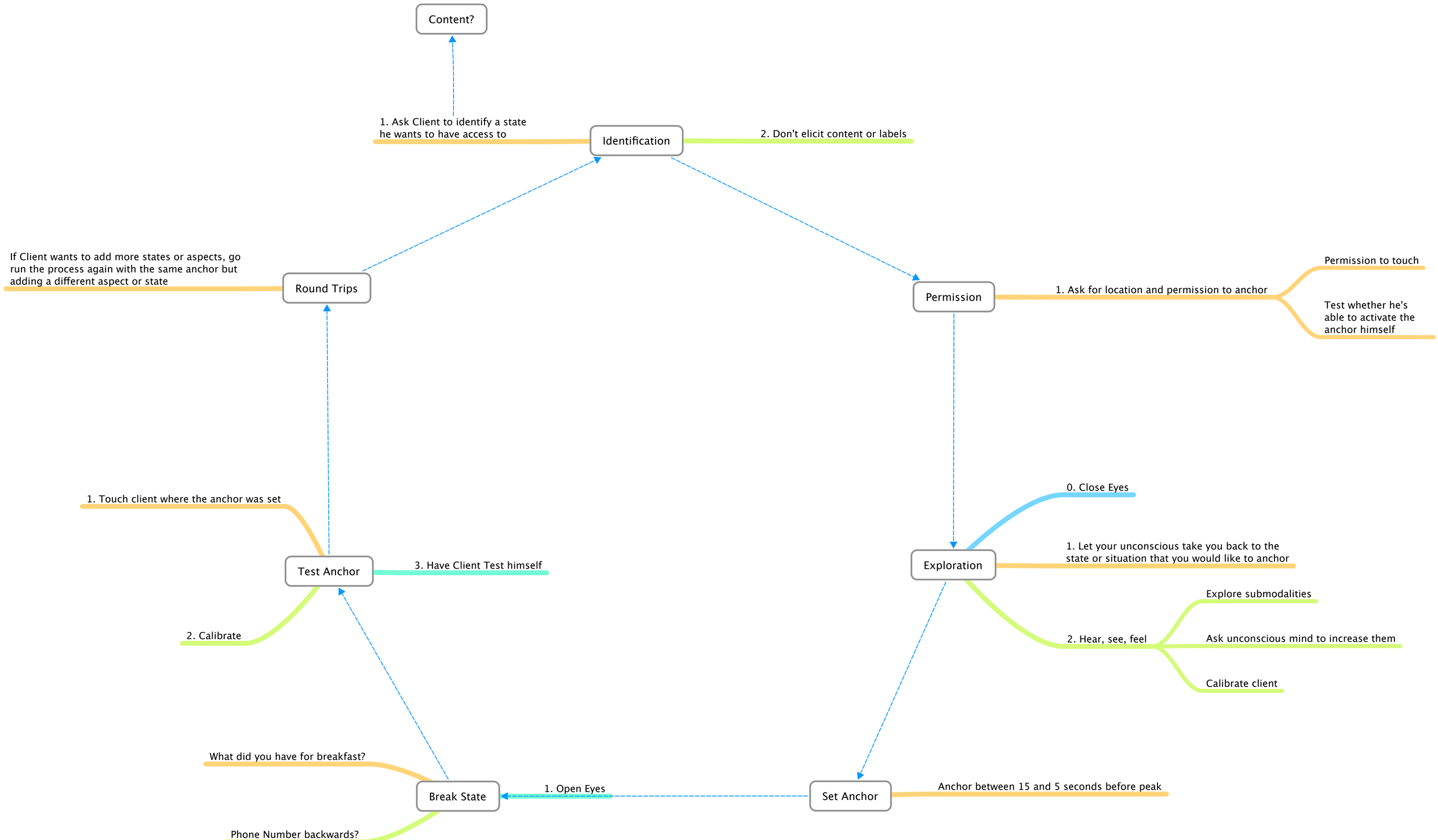
Content?
1. Ask Client to identify a state he wants to have access to
Identification
2. Don't elicit content or labels
If Client wants to add more states or aspects, go run the process again with the same anchor but adding a different aspect or state
Round Trips
Permission
1. Ask for location and permission to anchor
Permission to touch
Test whether he's able to activate the anchor himself
1. Touch client where the anchor was set
Test Anchor
3. Have Client Test himself
2. Calibrate
0. Close Eyes
Exploration
1. Let your unconscious take you back to the state or situation that you would like to anchor
2. Hear, see, feel
Explore submodalities
Ask unconscious mind to increase them
Calibrate client
What did you have for breakfast?
Break State
1. Open Eyes
Set Anchor
Anchor between 15 and 5 seconds before peak
Phone Number backwards?