

Chaining Anchors

Intention

Chained Anchor Collapse where unresourceful state U is significantly different from resourceful State R

6. Chain the Anchors: Fire (X), when X peaks, fire (Y) and let go of (X), when Y peaks, fire (Z) and let go of (Y), when (Z) peaks, fire (R) and let go of Z

7. Test: Fire (X) and chain should run from X to R

8. Fire (U), then Fire (X) and chain should run through to R

9. Test: Access U and chain should run through to R without Anchors

10. Test and Future Pace

Process

1. 1st in unresourceful state U, Anchor (U)

2. 1st in resourceful state R, Anchor (R)

3. Decide on intermediate states X, Y, Z

4. Design the Chain

5. 1st in intermediate states X, Y, Z, Anchor (X), (Y), (Z)

Break State after

Break State after

Break State after each!

Flip Chart

1. Decide on unresourceful State U

2. Decide on resourceful State R

3. Decide on intermediate States X, Y, Z

4. Design Chain

5. 1st in U, anchor (U), Break; same for X / (X), Y / (Y), Z / (Z), R / (R)

6. Chain: Fire (X), as X peaks, fire (Y) and release (X); all the way to R

7. Test: Fire (X) and chain should run to R

8. Fire (U), then (X), and chain should run to R

9. Test: Access U and chain should run to R without Anchors

10. Test, Future Pace