



Change Personal History

Intention

It is a collapsing anchor format on past representations to break current limiting generalisations

Is a forerunner for Time Lines

Process

4. Anchor collapse: Hold (R) and fire (H). Client updates early representation with the resources from R.

5. From 3rd, he reviews representation with new history based on collapse.

6. Optional: Repeat on later experiences, if any.

7. Test and future pace

1. Through anchor or tracking sensation or unconscious signal, back track to earliest representation. Anchor this historic state H as (H).

2. From 3rd, client identifies resources he has now that would have been useful in the past representation and that would metaphorically have provided a different history

3. Anchor the Resource state as (R)

Break State after!

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Flip Chart

1. Back Track sensation through Unconscious Signal, Anchor historic state H as (H); Break

2. From 3rd, identify new resource that would have been useful in H

3. Anchor Resource State as (R); Break

4. Collapse: Hold (R) and fire (H)

5. 3rd to review historic representation

6. Optional: Repeat on later experiences

7. Test and future pace