

"Ben's Bottle"

Collapsing Anchors
Different Systems

Intention

Link a resourceful state with
a trigger that would
normally lead to an
unresourceful state

Most useful for states where
Trigger is naturally present, but
can also done accessing Trigger
through internal representation

This gives the client more
choice about responding to
the trigger

3. Collapse: U from 3rd (VA only), Fire (R),
calibrate and repeat a couple of times

1. 1st in unresourceful state U

Break State

Process

4. Test: U from 3rd (VA), should
access Kinesthetics from R and
thus have more choice

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

Break State

Flip Chart

1. 1st in unresourceful State U; Break

2. 1st in resourceful State R, Anchor (R); Break

3. Collapse: U from 3rd (VA only), Fire (R),
calibrate, repeat

4. U from 3rd (VA only), should access R

