



Intention

Key Points

Reframe

No Need to chunk up!

Presupposition: There always is one!

If no, take this as something that's going on and loop

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Used when a part of the Unconscious is incongruent with the client's outcome, or when there's secondary gain

When we presuppose the problem is in the conscious mind and the resources are in the unconscious mind

Sets up signal of communication between conscious and unconscious mind

Make sure to test the signals are involuntary

Make sure the xxx is on a higher logical level than the others

4. Ask unconscious to generate at least 3 alternative ways that satisfy the intention?

5. Future Pace - is the unconscious willing to take responsibility to implement these alternatives within the next 6 weeks?

6. Ecology check - any other adjustments needed?

1. Identify unwanted thing going on

2. Establish communication with part responsible for that thing going on

3. Separate intention from thing going on

Yes / No signal e.g. by submodality change, for example:

Yes: increase brightness

No: decrease brightness

Is there a positive intention behind?