

ANCHORING POSITIVE EMOTIONS

EXERCISE PURPOSE

Provide you a simple tool to:

- Access a powerful, positive internal feelings at any time
- Manage your state and get greater control over your emotions, so you can create more success, health, and better relationships

Imagination is more powerful than knowledge when dealing with the mind. Ideas connected to strong emotions (states) such as anger, hate, love, or politics and religion can rarely be changed using conscious reason.

Anchoring is a technique that works with the subconscious for bringing up a specific state, such as happiness or relaxed. It usually involves a touch, gesture, or word as an "anchor", like a bookmark for a desired state. Anchors occur naturally and can be created deliberately.

When you see a traffic light turn red, you stop. That's anchoring.

WHY ANCHORING IS SO POWERFUL

Intentionally creating an anchor, means you can change your state of mind or mood easily and at will.

WHAT IS HAPPENING IN OUR BRAINS WHEN WE DO THIS?

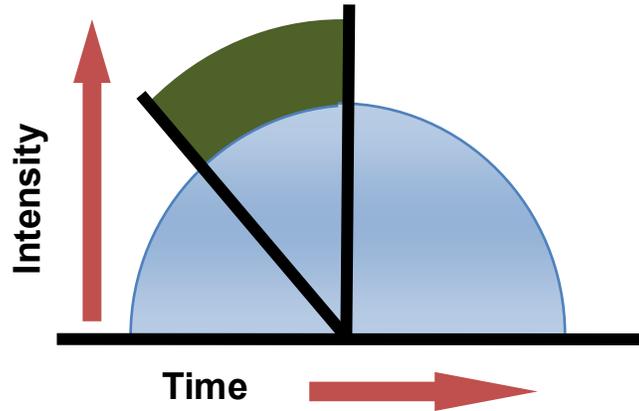
You are psychologically connecting the "the specific anchor" with "the desired state".

THEORY

- Any time someone is intensely feeling something, if at the peak of the experience, a specific external anchor is applied, then the two will be linked internally.
- These Internal Resources can assist you in gaining access to past feelings and using them in the present and future moments.

ANCHORING POSITIVE EMOTIONS

THE ANCHORING PROCESS



The **FOUR STEPS** to accessing your Internal Resources for a desired state

1. Have person **Recall** a vivid experience when they felt the desired state (e.g. courage, joy, confidence, etc.).
2. **Apply** a specific anchor at the peak to the feeling for several seconds. * Release the anchor before the state starts to decrease in intensity
3. **Change** the person's state with a question that breaks their focus
4. Test the anchor to **Evoke** the State (test it by using the anchor)

Remember:

R. A. C. E.

ANCHORING POSITIVE EMOTIONS

The **FIVE KEYS** to accessing your Internal Resources for a desired state

1. The ***Intensity*** - Anchors work better when they are linked to intense emotional states e.g. delirious happiness, wanton motivation, intense relaxation or razor-sharp focus.
2. The ***Timing*** - Anchors work best when they are precisely timed. Ideally the stimulus is applied just before the intensity of the state reaches its peak.
3. The ***Uniqueness*** - The stimulus for an anchor must be unique for the anchor to work effectively.
4. The ***Replication*** - make sure it's something that you can do in exactly the same way every time you use it.
5. ***Number*** - the more times you set an anchor the more powerful and automatic it will become.

Remember

I - T U R N

ANCHORING POSITIVE EMOTIONS

ANCHORING TO A DESIRED STATE

- Be clear on the desired state you want.
- Make sure the anchor is something unique to them like crossing their fingers, pressing on the middle knuckle, or pinching an earlobe (not recommended for those who wear earrings)

SCRIPT FOR GETTING THEM IN STATE

***“Can you remember a time when you were totally _____?
(the state you desire to access)***

***“Can you remember a specific time?
(if no, see the trouble shooting section on the last page)***

As you go back to that time now ... go right back to that time, float down into your body and look through your own eyes.

See what you saw, hear what you heard, and really feel the feelings of being totally _____.

Breathe the way you were breathing then, feeling totally _____.”

Refer to this script when indicated in the processes that follow

ANCHORING POSITIVE EMOTIONS

CREATING THE CHAMPION STATE

DEFINITION

To succeed, be awesome, be the limit, be the champion.

This state is three or more states that are powerful, positive, and connected with the same anchor.

PURPOSE

To be able to get into this positive, resourceful state, any time.

EXAMPLES

- Confident, Powerful, and Unstoppable
- Loving, Passionate, and Playful
- Focused, Clear, and Determined
- Connected, Peaceful, and Grateful

PROCESS

1. Get into rapport with the student. When you're in rapport, the student will be feeling the same states you do.
2. Ask the student for the states they want to feel:
"What are some complementary states that you'd like to have access to at any time?"
3. Decide what the Internal Resource / State anchor will be.
4. As you bring forth the positive states, get yourself into each state (for rapport) before the student does.

Use the ***Script for Getting Them in State*** for each of the positive states

"Can you remember a time when you were totally _____?"

(the state you desire to access)

ANCHORING POSITIVE EMOTIONS

“Can you remember a specific time?”

(if no, see the trouble shooting section on the last page)

As you go back to that time now ... go right back to that time, float down into your body and look through your own eyes.

See what you saw, hear what you heard, and really feel the feelings of being totally

_____.

Breathe the way you were breathing then, feeling totally _____.”

5. Set the anchor for all the positive states in the same place (*for example, a knuckle or other easily identifiable place*) as the state rises and let go on the peak of the state.
6. After installing the anchor to the Internal Resources, break state (i.e. distract them) to get them into a neutral state so you can test the anchor.

For example, you can say,

“Do you smell popcorn?”

7. Test: Fire the anchor and watch carefully to make sure they go into a combination of all the states you've set.

ANCHORING POSITIVE EMOTIONS

GETTING RID OF ANCHORS / TRIGGERS CAUSING BAD FEELINGS

PURPOSE

To be able to erase a negative state by using stacked, positive states.

PROCESS

1. Get into rapport with the student.
2. Tell the student what you are about to do:
“In a moment, I'm going to help you get rid of this negative anchor, and for that I'll need to touch you on the knuckle. Is that okay?”
3. Decide on the Negative State, and which Positive/Resource States are needed to counteract that negative state.
4. Make it clear which states specifically are involved.
5. As you bring forth the positive states, get into each one before the student does.
6. Make sure that the student is fully in each experience (in other words, looking through their own eyes in the memory), and that the states are intense for each of the positive states you use.
7. Set the anchor for all the positive states in the same place (for example, a knuckle or other easily identifiable place).

Note: Just before you touch the student's knuckle, you may want to say, ***“As I touch your knuckle, allow that to take you even deeper.”***

8. Use the ***Script for Getting Them in State*** for each state:

“Can you remember a time when you were totally _____?”

(the state you desire to access)

“Can you remember a specific time?”

(if no, see the trouble shooting section on the last page)

As you go back to that time now ... go right back to that time, float down into your body and look through your own eyes.

ANCHORING POSITIVE EMOTIONS

See what you saw, hear what you heard, and really feel the feelings of being totally _____.

Set the anchor for the negative state once, in a different place, using the ***Script for Getting Them in State***.

“Can you remember a time when you were totally _____?”
(the state you desire to access)

“Can you remember a specific time?”

As you go back to that time now ... go right back to that time, float down into your body and look through your own eyes.

See what you saw, hear what you heard, and really feel the feelings of being totally _____.

Set the anchor for the negative state once, in a different place.

9. Break state – in other words, distract them.

For example, ask,

“Do you smell popcorn?”

10. Fire both the negative and the positive anchors at the same time until they peak.

Watch the student:

They will usually show signs of facial/body asymmetry, which fade as the process ends and the integration is complete.

11. Release the negative anchor, but hold the positive anchor for about 5 more seconds and then release.

12. Test:

“Now how do feel about that old anchor you used to have?”

“How is it different now?”

13. Visualize your New Future:

ANCHORING POSITIVE EMOTIONS

“Can you imagine a time in the future when you might be in a similar situation, and what happens instead? “

“How is it different now?”

“How do you imagine it will be different in the future for you?”