

Resource Anchors

58

A Resource Anchor is a powerful, positive, stacked anchor designed to give someone access to resourceful states any time they might need them. A resource anchor can be anything that is anchored and helps you to recall the state.

The Ring of Power

The Ring of Power is a resource anchor that is useful in many circumstances.

NOTE: It is important to always keep in mind the Five Keys to Successful Anchoring when deciding on your state, stimulus and also while creating the anchor.

Script

1. **Choose Positive States:** Decide on the state(s) you want to anchor. You can ask, "If you could feel any positive and empowering emotions at any time you wanted, what would they be?" OR, "How would you like to feel instead (of how you feel now)?"
2. **Choose The Stimulus:** Decide on the Stimulus you want to anchor the state(s) to.
3. **Elicit The First State:** "Can you remember a time when you felt _____? Can you remember a specific time? Good; as you remember that time now, step into your body, see what you saw, hear what you heard, and feel the feelings of being totally _____."
4. **Anchor At The Peak:** As soon as the person begins to go into the state, apply the stimulus. Then as soon as the state begins to subside, remove the stimulus.
5. **Repeat Steps #3 & #4 for Any Additional Desired States:** Remember to stack as many experiences as it takes for them to really feel the state. After each state, move on to the next desired state and repeat the process.
6. **Test:** Break state and test by reapplying the stimulus. Observe them to be sure they experience the state(s) intensely.

Physiology of Excellence

The basis of all of NLP is Modeling, which has three elements: Beliefs & Values, Physiology and Strategies. The theory is that, "Anything you can do, I can elicit and also do." Through the process of Modeling, you can find and model excellent behavior and install it in someone else.

In successful people, we often observe that they are generally in control of their state regardless of their external circumstances. They have excellent strategies for staying in positive states.