

Chaining Anchors Script – Page 1

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1. **Rapport:** *Establish Rapport.*
2. **Identify the undesired and desired states:** *Determine the state that the client wants to no longer struggle with (ex: procrastination), and decide on the positive state that they desire instead (ex: motivation).*
3. **Get unconscious permission:** *"Is it alright with your Unconscious Mind for you to let go of this problem today, and for you to be aware of it consciously?"*
4. **Get conscious permission** *"In just a moment we're going to do a process called 'Chaining Anchors', and for that I'll need to touch you on the knuckles. Is that ok?"*
5. **Design the chain:** *Elicit from the client which intermediate states are most appropriate to lead to the desired end state.*

Example:

- **Practitioner:** "You're procrastinating, what is a sufficiently intense enough state to move you out of that state toward feeling motivated?"
 - **Client:** "Boredom."
 - **Practitioner:** "Good, and what would get you moving out of the state of boredom?" (toward motivation.)
 - **Client:** "Curiosity."
 - **Practitioner:** "Good, and what would get you moving out of the state of curiosity?" (toward motivation.)
 - **Client:** "After I feel curious I would get motivated!"
6. **Make sure the chain is different from how they already do it. Ask:** *"Is this how you do it now?" How they do it now is not working, so we want to help them find a new way that works.*
 7. **If the answer is "No" then go to Step #8. If the answer is "Yes" say,** *"Let's find a new way you can go from (ex: procrastination to motivation) that's different from how you already do it. What else would get you out of the state of (ex: procrastination)?" Go back to Step 5 and redesign the chain.*