

# Submodalities

## Swish Pattern – Script

1. **Get Agreement:** "Is it alright with your Unconscious Mind for you to make this change today, and for you to be aware of it consciously?"
2. **Elicit the trigger for the unwanted state/behavior (Old Picture):** "How do you know it's time to\_\_\_\_\_ (ex: feel bad)? When you think of that, do you have a picture? Rewind and Fast Forward the movie until you find the trigger."
3. **Break State:** "Okay, just save that picture for later. Clear the screen."
4. **Elicit the trigger for the desired state/behavior (New Picture):** "How would you like to feel/act instead? When you think of that, do you have a picture?"
5. **Associate to New Picture:** "Now float into that picture, into your body, looking through your own eyes."
6. **Adjust the VAK SMDs for the most positive feelings:** "Now adjust the brightness of the picture, turn it up, turn it down, till the picture is the most intense, the most real for you." *Continue adjusting SMDs.*
7. **Dissociate from New Picture:** "Good. Now keeping all those changes, float out of the picture, so you see your body in the picture."
8. **Break State:** "Clear the screen."
9. **Associate to Old Picture:** "Now bring back the Old Picture and float into the picture so that you're fully associated, looking through your own eyes."
10. **Explain the "Swish":** "Now, keeping the Old Picture up, take the New Picture and put it in the lower left-hand corner, small and dark. When I say 'SWISH!' have the New Picture explode BIG and BRIGHT on the screen, while the Old Picture rapidly shrinks into the lower left corner. This can happen as quickly as ...1...2...3...SWISH! Are you ready?"
11. **Swish:** "Okay bring up the Old Picture. And the New Picture. Ready...1...2...3... SWISH!"
12. **Break State and Repeat:** "Good. Clear the screen. Bring up the Old Picture again... and the New Picture...1...2...3... SWISH!"
13. **Repeat:** *Repeat step 12 until the client immediately accesses the desired state. Make sure the client cannot access the Old Picture.*
14. **Break State:** \_\_\_\_\_ (ex: "Do you smell popcorn?")
15. **Test:** "Now how do you feel about that old state/behavior? How is it different now?"
16. **Future pace:** "Go out in the future, which, if it would have happened in the past, you would have\_\_\_\_\_" (ex: had that old state/done that old behavior). What happens instead?"