

# Allergy Model

## Sneezing – Script

Four:13

**1. Find the submodalities of substance they are allergic to.**

- a. "As you think of how allergic you are to \_\_\_\_\_ do you have a picture?
- b. Elicit using submodality checklist

**2. Find something that is similar/non-allergic (associated).**

**3. Anchor the similar/non-allergic.**

- a. As you think of your **non**-allergic reaction to \_\_\_\_\_, step into your body and see what you saw, hear what you heard and feel what you felt, the feeling of the **non**-allergic reaction to \_\_\_\_\_.  
Anchor it to their knuckle.

**4. Set up / explanation: Have them visualize a plate of Plexiglas (dissociated).**

- a. Place allergy on other side of the Plexiglas.
- b. You are going to fire the anchor as soon as they place the IR on the other side of the Plexiglas.
  - i. Visualize the Plexiglas first.
  - ii. "In a moment I am going to have you place the picture, the IR, of how you know you're allergic to \_\_\_\_\_ on the other side of the Plexiglas, make sure you can see your body in the picture."

**5. Associate with anchor held.**

- a. With your finger above their knuckle. Go ahead and place the IR on the other side of the Plexiglas. Touch their knuckle the moment you have them place the IR on the other side of the Plexiglas.
- b. Tell them, "Now go ahead and associate into the IR so you are looking through your own eyes."
- c. Release the anchor.

**6. Test and future pace.**