

# Collapsing Anchors – Script

60

1. **Rapport:** *Establish Rapport.*
2. **Discover Problem State:** *Find out what specific, contextual negative state the client would like to collapse.*
3. **Choose Positive States:** "What positive emotions would you like to feel instead? Good, what else?" *Get at least three specific states.*
4. **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?"
5. **Get Conscious Permission:** "In just a moment we're going to do a process called 'Collapsing Anchors,' and for that I'll need to touch you on the knuckles. Is that okay?"
6. **Elicit and Anchor the Positive States:** "Can you remember a time when you felt totally \_\_\_\_\_? 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 see what you saw, hear what you heard, and really feel the feelings of feeling totally \_\_\_\_\_."
7. **Stack the Positive States:** *Repeat Step six for each positive resource state and anchor with the same stimulus.*
8. **Break State and Test:** *Trigger the positive anchor to make sure it is sufficiently intense.*
9. **Break State:** \_\_\_\_\_ (ex: "Do you smell popcorn?")
10. **Elicit and Anchor Negative State:** "Can you remember a time when you felt \_\_\_\_\_? 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 see what you saw, hear what you heard, and really feel the feelings of feeling \_\_\_\_\_."
11. **Break State and Test:** *Trigger the negative anchor to make sure they go into the state.*
12. **Break State:** \_\_\_\_\_ (ex: "Do you smell popcorn?")
13. **Collapse The Anchors:** *Trigger both anchors at the same time until the integration is complete. Release the negative anchor first and hold the positive anchor for five additional seconds before releasing.*
14. **Break State:** \_\_\_\_\_ (ex: "Do you smell popcorn?")
15. **Test:** "Now how do you feel about that old state that used to be a problem?"
16. **Future pace:** "Can you imagine a time in the future when you might be in a similar situation? What happens instead?"