

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.*

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8. **Anchor each state using RACE:**

RA: *Beginning with the present state through to the end state, anchor each separately by saying...*

"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 _____."

NOTE: As you elicit each state, make sure you get into the state as well and remember to stack a minimum of 3 times. You may need to stack some more to get a high enough intensity. There is no need to break state in between stacking the same states.

C: *Change state (Do you smell popcorn?) When minimum of 3 states have been stacked.*

E: *Evoke (Test by firing off state)*

9. **Repeat Step #8 for Each Step in the Chain:** *Anchor each state (between 3 and 5 states) on a different knuckle. While there is no need to break state while anchoring the same knuckle, you do want to do a break state between each knuckle.*
10. **Break State In Between The Last and First State:** _____ (ex: "Do you smell popcorn?") *This step prevents looping.*
11. **Chain Each State Together:** *Link each state to the next by first firing the anchor for State #1. When #1 is at its peak add #2, and then release #1. When #2 comes to the peak, add #3, then release #2. Add #4, etc. in the same way.*
12. **Break State Before Testing:** _____ (ex: "Do you smell popcorn?")
13. **Test Unconsciously:** *Test to make sure the chain is working by firing the anchor for the present undesired state. The client should end up in the desired end state, automatically.*
14. **Test Consciously:** "Now how do you feel about that old problem you used to have? How is it different now?"
15. **Future Pace:** "Can you think of a time in the future which if it had happened in the past you would have _____ (ex: procrastinated). What happens instead?"