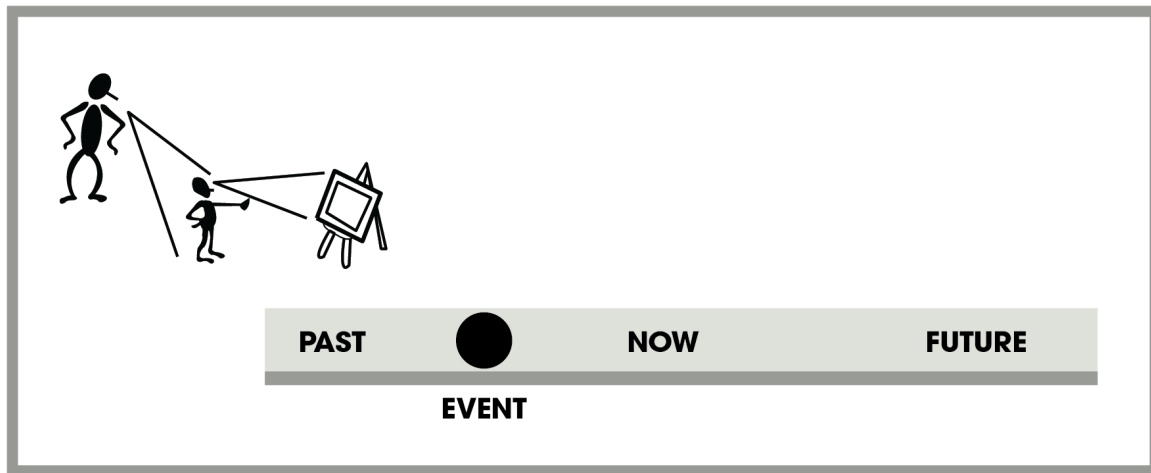


Fast Phobia Model

Seven:30



Procedure: (Use Negative Emotions #1, first. If that doesn't work, then use this.)

1. Establish a resource anchor.
2. Acknowledge one-trial learning and client's ability to learn.
 "Have you ever done something for the first time and did it really well? Just like that, this process is going to be super easy."
3. Discover & scramble the strategy used for having phobia.
 (Use the Logical Levels of Therapy.)
4. You explain the movie theater here. Then ask your client if they want to white it out or black it out.
5. Have them go back to the first event.
6. Make a movie screen above the Time Line.
 a) Have them watch from the projection booth.
7. Run the movie forward in Black and White to the end.
8. Freeze frame at end, and white (or black) out.
9. Have the client associate into the memory and run it backwards in color to the beginning.
10. Repeat steps 6a - 9 until the client can't get the feeling (K) back. (If deleting a memory, repeat until the memory is not accessible—give suggestions.)
 a) If appropriate, go into position C to test.
11. Come back to now.
12. Check ecology. If necessary, use a Swish.
13. Test and future pace.