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?"