

Stacking Realities – Exercise

In this exercise, I'd like you to create a stacking realities script that does the following:

1. Open 3 stories – but don't finish any of them.
2. Embed a powerful profound suggestion.
3. Close the 3 stories in reverse order.

There are 3 main ways to do this exercise: beginner; intermediate; advanced. Here is more information about these 3 methods:

Beginner Level

- 1 Evoke: Ask the client about their situation. Let them step into it a little so that they start to feel some of the feelings associated with it.
- 2 Open 3 random stories: the stories don't need to be isomorphic. At beginner level you can rely on the listener's imagination relating them back to their situation – simply because they have just evoked the state. Don't close the stories.
- 3 Give suggestion: in the middle, after opening the 3 stories, give a powerful suggestion. This can be in the form of a quote or just a straight message.
- 4 Close the 3 stories in reverse order.

Intermediate Level

- 1 Evoke: Ask the client about their situation. Let them step into it a little so that they start to feel some of the feelings associated with it.
- 2 Open 3 stories: This time, rather than them being random, design them to be isomorphic, drawing parallels with the client's situation and potential solutions.
- 3 Give suggestion: in the middle, after opening the 3 stories, give a powerful suggestion. This can be in the form of a quote or just a straight message.
- 4 Close the 3 stories in reverse order.

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Advanced Level

- 1 Evoke: Ask the client about their situation. Let them step into it a little so that they start to feel some of the feelings associated with it.
- 2 Open 3 stories: once again, design them to be isomorphic. To make it more advanced you also add in elements of homomorphism – emotions – and also make use of the interspersal approach, sprinkling in suggestions here and there to guide the person's think and map out potential solutions. You can also use quotes and the "I to you switch".
- 3 Give suggestion: in the middle, after opening the 3 stories, give a powerful suggestion. This can be in the form of a quote or just a straight message.
- 4 Close the 3 stories in reverse order.

Please note: this is not an exercise that just takes 5 minutes. Spend some time on it and tweak/add to it over time.