Anchoring for Hapiness

About Anchoring: An anchor is a stimulus that triggers a response in you or another person. When a person reaches the peak of this intense emotional state, if a specific stimulus is applied, a link is neurologically created between the stimulus and the state. Then, when the stimulus is triggered, it produces the state.

They occur quite naturally and unconsciously. For instance, if you have a particular song you hear that brings you back to a memory and a corresponding emotional state, that song is an anchor for you. Anchors can be visual (sight), auditory (sound), kinesthetic (touch), olfactory/gustatory (small/taste) or a combination of those mentioned.

You can create anchors for yourself as well as with others. When anchoring others, you are using TOUCH. It is important to anchor on appropriate and neutral locations, such as the knuckles or shoulders. See Keys to Successful Anchoring for additional tips.

THE FOUR STEPS TO ANCHORING

First, get into rapport with the other person. Get the person's permission to touch them.

- 1. Recall: Have the person recall a past, vivid, intense, desired emotional state.
- 2. Unique Anchor: Provide a specific stimulus as the state reaches its peak intensity. Take off the anchor before it goes over the peak.
- 3. State Break: Break the state with the person so their state changes (such as by asking an unrelated question)
- 4. Test: Test the anchor by inviting them to fire the same stimulus (touching the same point in *exactly* the same way) and watching to see that they go into the anchored state.

THE FIVE KEYS TO SUCCESSFUL ANCHORING

- 1. Emotional states being anchored need to be intense, vivid and powerfully felt (i.e., loved, powerful, energized, confident, falling down laughing).
- 2. The anchor must be applied at the exact time that the client's emotional state is increasing towards its peak. As the state reaches its peak, the anchor should be removed. It's important to remove the anchor before the peak state begins to diminish. (To leave the kinesthetic touch on beyond the peak means you will anchor a diminishing state. Removing the 'trigger' touch *before* the peak means that you anchor an always 'growing' state.)
- 3. The stimulus used for the anchor (i.e. the touch point) must be unique, meaning it cannot be a point that is routinely touched under normal circumstances.
- 4. Replication The anchor must be repeatable (in the exact same way), ideally by the client, in order to reinforce it.
- 5. Number of times The more times the anchor is created the better the anchor will trigger the desired state.

STATE ELICITION SCRIPT

First get into rapport with your client. (Make sure you're both comfortable. Have light hearted conversation. Mirror them.)

- 1. Go first! Access your own memories. Get into the desired state yourself.
- 2. "Can you remember a time when you felt totally (choose state)?
- 3. "Can you remember a specific time?"
- 4. "As you go back to that time now... go right back to that time, float into your body and relive it again now. See what you saw, hear what you heard, notice what you noticed and really feel the feelings now of being totally (choose state)."

STACKING HAPPY ANCHORS

To anchor a strong happy state, use the script above and repeat it with the following states:

Ask about:

- A specific time when you felt 'Inspired.'
- A specific time when you felt 'Filled with Joy and Enthusiasm.'
- A specific time when you felt 'Grateful or Appreciative.'
- A specific time when you felt 'Totally Unstoppable.'
- A specific time when you had the feeling that you could 'fall down laughing.'