

STATE ELICITATION SCRIPT

The best states to anchor are naturally occurring states. Next best are past, vivid, highly associated states. Least preferable are constructed states.

Can you remember a time when you were totally _____ X'd _____?

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 being totally _____ X'd _____.

STATES FOR STACKING ANCHORS

To stack anchors elicit several instances of states and anchor them in the same place. The state chosen for a particular stacked anchor can be the same or different. (In a Resource Anchor and Collapse Anchors, the states stacked should be different. In Chaining Anchors the states used for each stacked anchor should be the same.)

- A time when you felt totally powerful.
- A time when you felt totally loved.
- A time when you really felt you could have whatever you wanted, a time when you could have it all.
- A time when you felt really energetic, when you had a ton of energy.
- A time when you fell down laughing.
- A time when you felt totally confident.