The Original NLP Toolbox
Version 1.5

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**Introduction**

"NLP may be the most powerful vehicle for change in existence" -- Modern Psychology.

"NLP has metamorphosed into an all-purpose self-improvement program and technology." -- TIME Magazine

Welcome to the NLP Toolbox: A big box full of tools to make changes fast and effectively.

You'll be pleased to discover that there are no bits of crap in this toolbox. No scraps of sandpaper, strands of wire, or half a pair of pliers!

No, what you have is a set of tools of the highest quality that are easy to grab out of the box and use straight away! And these are no ordinary tools, they are very special tools.... It's kind of fun.... the fact is the more you use them the more they do an excellent job for you!

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**Neuro-Linguistic Programming (NLP)**

**Neuro:** Nervous system through which experience is received and processed through the five senses.

**Linguistic:** Language and nonverbal communication systems through which neural representations are coded, ordered and given meaning.

**Programming:** The ability to organise our communication and neurological systems to achieve specific desired goals and results.

(Note: The tools and techniques in this eBook are known as NLP Applications. They have been discovered and created by using NLP to model human excellence: What works... well! The purpose of this eBook is to make it easy for you to make the personal changes you want using powerful applications of NLP. So the idea is that you now have a 'Toolbox' of Personal Change Tools: "An NLP Toolbox.")
The tools are stored in 11 different sections.

When you want to make a personal change, or help someone else, simply look at the different sections and click on the one that is the most suitable. (The different sections are listed as 'Bookmarks' in Adobe Reader.)

You will then be presented with a set of tools. Have a look at them and choose the one you think will be the best for the job. Sometimes the tool you picked won't be quite appropriate. No worries, pick another one and give that a go!

* TOP TIPS: I suggest you just play around, experiment with the tools, rather like you did when you were a child. You know with a sense of fun and curiosity, with an attitude of "hmmmm, I wonder how I can use this tool", remembering to do ecology checks (see below.) And with more experience of 'operating your own mind' you will begin to develop a sense of which tool(s) will get you the results you want won't you...

And before you rummage around in the Toolbox it would be beneficial to read the 'NLP Fundamentals' section first. This is a quick refresher about some of the most useful and fundamental NLP concepts.

(N)ow (L)et's (P)lay!
NLP Fundamentals

The Basic Presuppositions Of NLP

The following presuppositions are the fundamental principles that allow you to experience the 'NLP Attitude.'

O' yeah and remember to keep your sense of humour close to you heart because as one of the original creators of NLP said, "Fun and laughter are important ingredients in any change work you do. In fact, if you don't have a sense of humour, you cannot do NLP: it is one of the requirements."

The map is not the territory:

Our mental maps of the world are not the world. We respond to our maps, rather than directly to the world. It is easier to change our maps than the world.

Experience has a structure:

Our thoughts and memories have a pattern to them. When we change that pattern or structure, our experience will automatically change.

If one person can do something, anyone can learn to do it:

We can learn an achiever's mental map and make it our own. Pretend everything is possible. Act 'as if' you can do it.

The mind and body are parts of the same system:

Our thoughts instantly affect our muscle tension, breathing, feelings and more, and these in turn affect our thoughts. When we learn to change either one, we have learned to change the other.
People already have all the resources they need:

Our inner pictures, sounds/voices, feelings, smell and taste sensations are the basic building blocks of our resources. We can use them to build up any thoughts, feelings, or skills we want.

You cannot NOT communicate:

We are always communicating on some level, often in a non-verbal way. Even our thoughts are communications with ourselves and others?

The meaning of your communication is the response you get:

Others receive what we say and do through their mental map of the world. Noticing how our communication is received allows us to adjust it, so that next time it can be clearer.

Underlying every behaviour is a positive intention:

Even harmful and thoughtless behaviour has a positive purpose. We can find out what that positive intention is and then create more desirable behaviour to attain it.

People are always making the best choices available to them:

Each of us have our own unique personal history. Within it, we learned what to do and how to do it, what to want, what to value etc. This is our experience and from it we must make all of our choices. Of course this is until we add new and better experiences.

If what you are doing isn't working, do something else. Do anything else:

If you always do what you've always done, you'll always get what you've always gotten. So if you want something new, do something new,
especially as there are so many alternatives.

No failure, only feedback:

All results and behaviours are achievements, whether they are desired outcomes for a given task/context or not.
Parts

Have you ever had the experience where you wanted to do something but another part of you stopped you. It's as if on one hand you want to get a certain outcome but on the other hand part of you doesn't.

For example many people find motivation is a bit of a challenge. On the one hand they want to become really motivated because it would be useful to get things done. (e.g. making some personal changes) But on the other hand part of them wants to just sit back and do nothing.

This kind of internal 'parts' conflict can lead to anxiety, confusion and reduced energy.

Keeping in mind this concept of internal parts allows us to identify them and then using the principle of the NLP presupposition, "Underlying every behaviour is a positive intention", we can use 'parts tools' to integrate the conflicting parts and become more congruent, enabling us to feel that state of, 'all systems go!'

Because NLP is an experiential process you will find yourself understanding the above concepts more and more as you have fun playing with the tools (your mind!) won't you...

Integrating Parts (Or Resolving Inner Conflicts Tool)

1. Identify the two conflicting parts or positions within your mind. (These could be beliefs, parts of yourself or values.)

2. Place your hands out in front of you palms up. Now select one of the parts and imagine placing it in one of your hands, whichever feels appropriate. And then put the other part in the other hand.

3. Starting with one part ask what it's positive intention is. Simply ask, "What is your positive intention?" When you get an answer ask, "And what is the positive intention of that?"

4. Repeat Step 3 with both parts until you recognise that at some level both parts actually want the same thing.
5. Now imagine a 'super part' in between your hands with the combined resources of part one and part two.

6. And then allow both parts to communicate with each other as you slowly bring your hands closer and closer together, imagining the two parts beginning to merge and blend into the new integrated 'super part.' (Note: You can just pretend this is happening as you move your hands.)

7. When your hands are together with the new integrated part inside you can bring that into your body. Many people bring it into their chest. Trust your intuition and bring it into where feels best for you.
'Directionalising' your mind

The first question when doing change work is to ask, "What do I want?" For example many people want to be, "less self-conscious." However the mind gives you more of what you focus on. So it would be much more useful to re-phrase the above example in a positive statement, such as, "I want to be more self-confident."

If you can't think of anything you want to change, ask yourself the inspiring question, "What would I do if I knew I couldn't fail?" And then change the blocks that get in the way of you achieving that goal!

The following tool allows you to define exactly what you want so your changework is elegant and efficient.

Wellformed Outcome Tool

1. Stated in positives:

State your outcome in positive terms (the unconscious does not process negatives. The sentence "I don't smoke" will be computed the same as "I smoke.")

What do you want, specifically? When, where, with whom do you want it?

2. Be in control:

Don't be dependant on other people or the circumstances changing.

What resources do you have to accomplish this?

3. Have an evidence procedure:

How will you know when you have it?

or
How will you know that the outcome has been realised?

What will you see? What will you hear? What will you smell/taste? How will you feel?

4. Preserve the Positive by-products of the present state:

Behind every negative behaviour, there is a positive intent. This intent must be fulfilled by the new behaviour/state/goal, otherwise your unconscious will satisfy the intent by either going back to the old behaviour or creating a new one.

5. Ecology Check: Verify that your outcome is ecological and desirable:

How will this new behaviour affect other areas of your life? How will it affect family, friends, work place, etc.

Are there any parts that object to this goal?

Does it enhance your life?

TOP TIP: It's always a good idea to do a quick Ecology Check whenever you make even a simple change because there may be parts of you that need attention to ensure the change is fully congruent which will ensure the changes stick. So simply ask, "Are there any parts that object to this change?"

Questions to Help Elicit Present States

1. What is the problem, specifically?

2. How do you know that it is a problem?

3. How do you know how to have it?

4. How do you know when to have it?
5. How do you know with whom to have it?

6. How do you know where to have it?

7. What stops you from changing the problem?
Anchors & Anchoring

Have you ever had this experience?

You are busy doing something and then a song comes on the radio and your state of mind is changed. Maybe you start having memories from a few months, or even years, ago and this makes you feel different.

This can be a very powerful experience. NLP has called this experience an Anchor. Anchors occur in all the representational systems - Visual(V), Auditory(A), Kinaesthetic(K), Olfactory/Smell(O) and Gustatory/Taste(G).

The representational systems (senses) are often abbreviated in NLP texts to VAKOG or even just VAK.

The example I gave above was an anchor occurring in the auditory system.

Have you ever had the experience when you see an old book cover or an album cover that you haven’t seen for years, and you feel some of those old feelings returning? Those feelings are anchored to the image right?

And what about smell? Certain smells can instantly put you into and altered state. For example if I smell playdough my mind automatically produces pleasant memories, images, sounds and feelings from childhood.

Words are also anchors and can be very powerful. What words make you feel wonderful? Love, fun, peace, excitement, chocolate? :)

Anchors are incredibly powerful and this principle is used extensively with NLP tools.
**BREAK STATE:**

You will see this two word statement regularly throughout the ToolBox. 'Break State' simply indicates that you need to change your state.

To successfully 'Break State' you can use the following:

- Remember what you had for breakfast yesterday
- Recall your phone number backwards
- Do a maths timetable in your mind
- Look up and observe the patterns on the ceiling

Do one of these 'break states' now so you actually experience what we are talking about here.

You're probably aware that you change states regularly throughout the day. These state changes are triggered by internal and external cues which are anchored to different states of mind. These shifts in consciousness often happen out of your awareness; unconscious.

With the tools of NLP you will begin to become more aware of your states and more importantly you will learn how to 'program in' USEFUL resourceful states that make your life much better and you will be able to change unwanted states such as fear and anger.
Perceptual Positions

'Perceptual positions' refers to the ability of our minds to be able to view situations and memories from different perspectives. This is a very simple, yet important concept which can gain us much wisdom. In fact Buddha, who many say is the wisest person that ever lived, taught this thinking tool to his students.

You will notice that many NLP techniques utilise this perceptual position concept. It's a fundamental mechanism of the way our minds work.

1st Position (Associated Perspective or Self Position) See the situation through your own eyes. You are primarily aware of your own thoughts and feelings.

2nd Position (Other Person Perspective) Imagine what it is like to be the another person in the situation. Imagine stepping into their body, seeing through their eyes, hearing through their ears, feeling their feelings and thinking their thoughts.

3rd Position (Disassociated Perspective, Neutral or Meta Position) Take a detached viewpoint. Imagine you are looking at yourself and the other people in the situation, 'over there'. Try different 'over theres' to gain new understandings.

You can also take the perceptual position of God, Buddha, Infinite Intelligence etc. for an interesting and very useful angle.

TOP TIP: It's highly recommended that you get into the habit of stepping into these different perceptual positions because in a short space of time your mind will streamline the process and you will find yourself doing it automatically, won't you. The benefits include: Better understanding of friends, colleagues, customers etc. More empathy, increase your positive feelings and reduce negative feelings such as stress. (This will become clear as you use the tools more and more...)
The 'code' of Your Mind Creates Your Reality! (Sub-Modalities)

Sub-Modalities are the special sensory qualities perceived by each of the 5 senses (representational systems.)

For example if you were remembering a pleasurable learning experience you may recall a picture in your mind of the learning environment. Where is the picture located in space? That is a sub-modality. Is it in colour or black & white? That is a sub-modality. Where are the sounds located in and around your mind? That is a sub-modality. What feelings are associated with this memory? That is a sub-modality. And so on for all the different characteristics of the memory.

Below are charts that list sub-modalities for each of the senses:

**VISUAL**

- Number of images
- Motion/Still
- Colour/B&W
- Bright/Dim
- Focused/Unfocused
- Bordered/Panoramic
- Associated (Seeing out of your own eyes)/Disassociated (Seeing yourself in the picture)
- Centre Weighted/Wide Angle Size (relative to life)
- Shape Three Dimensional/Flat
- Close/Distant
- Location in space

**AUDITORY**

- Number of sounds/sources
- Volume Tone
- Tempo
- Pitch
- Pace
Timbre
Duration
Intensity
Direction
Rhythm
Harmony
Right or Left
Dominance

**KINESTHETIC**

Location in body/energy field/aura
Breathing Rate
Pulse Rate
Skin Temperature
Weight Pressure
Intensity
Tactile Sensations

**OLFACTORY & GUSTATORY (Smell & Taste)**

Sweet
Sour
Salt
Bitter
Aroma
Fragrance
Essence
Pungency
Quick Sub-Modalities Exercise

Because NLP is experiential you will gain much greater understanding if you do the following quick exercise now:

1. Think of someone you like. A good friend.

2. Now actually physically point to where the image of that person is located. Good.

3. Break state. Remember we learned about this earlier. eg) Recall your phone number backwards.

4. Now think of someone you dislike. eg) a politician?

5. Notice where you represent them. Actually point to the location of that image.

6. Now look at them simultaneously. Most people discover that they are in different locations. And as you compare both images notice how they have different qualities (sub-modalities) such as one is brighter, one is 3d, the other is blurry, etc. Just take your time and become more curious as you delight in the way your mind works!

7. Great! Now this is cool. Try moving your 'friend' image into the 'despicable so and so' location. It won't go will it! I bet it kind of springs back. And I bet a part (remember 'parts'?) of you doesn't want to do it either and that's a very good thing because your mind helps to protect you: Ecology.

TOP TIP: Location is one of the most important sub-modalities to become aware of and you will begin to realise this more as you start applying the NLP Tools more didn't you.
Quick Sub-Modalities Exercise II

1. Remember an occasion when you were pleased with yourself. You accomplished something and it made you feel good.

2. Simply notice how you talked to yourself; your internal voice. As you listen to it, noticing the qualities (sub-modalities) pay attention to where it is located.


4. Next think of an occasion when you were 'beating yourself up.' And notice how you are speaking to yourself in this experience.

5. Where is that voice located? Notice the difference in sub-modalities compared to the pleasant experience voice you selected in step 1 & 2.

TOP TIP: Our internal voices are often out of our conscious awareness and can have a powerful influence on the way we behave. Using NLP Tools you will discover how to gain mastery over them so they help you have a better life.

This way of comparing two experiences is very useful and it enables you to discover which sub-modalities make a difference to your experience.
Sometimes we feel emotions and we don't know what they are, it's as if our body is trying to give us a message. Well what if that is true? The following technique allows you to become aware of your own mind-body wisdom and as you grow more familiar with the method you will find yourself becoming less stressed as your emotional intelligence increases.

This technique is usually a good starting point if you are feeling emotions that you are confused about.

1. Become more aware of the emotional feeling you are experiencing. Stop thinking about why you are feeling it and simply focus on where the feelings are in your body. Are there certain situations when this feeling appears?

2. Ask yourself, "What is this feeling about? What message do you have for me?" Be patient with yourself. As you get more familiar with this technique you will find yourself getting the answer faster as you build a 'friendship' with the unconscious parts of your mind-body. You can of course guess what the message is because this will probably have some positive use.

3. Now that you have received a message, thank that part of yourself and if there is anything you can do in the next 24 hours that helps, make a promise to yourself to do so.

4. You will know when you have correctly identified the emotion and it's message when it begins to fade into the background.
**Future Pacing**

When you have made changes using a NLP tool it is often useful to imagine being in a future situation with the changes in place. This helps to 'program it in' and provides you with another quick ecology check. (eg There may be a part that objects.)

When you've made a change simply imagine being in a future situation (what will you see, hear & feel) where you want the changes to be in effect and notice how you experience it. The question to ask is, "Do you like it better?"

**Visual Kinesthetic (V-K) Dissociation Technique**

Along with the "Wisdom from Within" technique, I recommend using this tool when you are unsure about what changes you need to make. It's like you know making a change would be beneficial but you need more knowledge to figure out what needs doing. Using this technique will help get your mind going in a more useful direction and often helps you select a NLP tool that will make a more profound change.

Like the "Wisdom from Within" technique, when you've practised it a few times your mind will begin to do it automatically, so go ahead and experiment with this technique now. I think you will be surprised how quickly your mind will, 'get it', after a few practice runs.

1. Imagine you are sitting in a movie theater.

2. Look up and see the blank movie screen out in front of you.

3. Now float out of your body into the projection booth, so you can see yourself down there watching that screen over there. (It can help to actually move to a different physical location. And remember you can always 'act as if' or pretend you are doing the steps.)

4. Now looking at yourself down there watching the movie screen you can begin to project snap shots of yourself in experiences where you want to gain more insight. (Note: If these are painful experiences, make that image black and white and place a border around it and push the movie screen
further away.)

5. Now from this perspective, what positive intention(s) and other choices or resources can you identify? Anchor the new choices & resources. You could use a word for each anchor.

6. Float back into the seat in the movie theater and looking at that image of you on the movie screen imagine transferring the resources into that experience. Just allow that to happen. (If you knew how to do it, how would you? That's right!)

7. Ecology Check. Is there any part that objects to the new choices?

8. Now step into the past experience that you have been watching on the movie screen, bringing the new resources and choices with you. Do you like it more?

9. Future Pace: Imagine future situations that are similar to the past experience where it would be useful to have the new choices and resources in place.
Timelines

We represent our memories about the past and our future on a continuum based on time. We all have our own way of representing our timelines and they are usually out of conscious awareness until you have done an exercise to discover them. Our timeline has a very profound influence on our thinking process and behaviour. Timeline techniques can super-charge and speed up the process of change quite radically.

To discover your own or someone else's timeline:

1. Choose a simple task you do often like brushing your teeth.

2. Discover where you represent, in space around you, a memory of this simple task from 5 years ago? Actually point to where it is.

3. Next imagine doing it now in the present. Where is the picture located in space? Point to it.

4. Now imagine doing this simple task 5 years from now. Where is the picture located in space? Point to it.

5. Looking at all 3 pictures together should enable you to see a continuum: Your Timeline!

Many people have the past going to the left and the future to the right.

Some people have the past going off behind them and the future goes straight ahead.

Interestingly most Japanese people see the future going upwards towards the sky and the past goes down towards the earth.

There are plenty of variations possible and each one has its own advantages/disadvantages.

Everybody's timeline(s) has its own unique coding. However it can be
very useful to use a made up timeline temporally to allow you to make some changes easily.

For example if you wanted to represent all of your entire life history to do some change work you could imagine the whole timeline in front of you, say 4 meters across with the left representing the past and the right representing the future.

Past  Present  Future
|________________________|________________________|

O
You

Now as you look at that timeline imagine it being on the floor. And remember a recent pleasant experience. Now point to where it is located on the timeline. Can you imagine a future fun experience? Point to it on the timeline. And how about a wonderful childhood memory, where is that located?

Notice that you can step onto the timeline and fully associate into the memories, seeing what you saw and hearing what you heard and feeling those feelings.

And as you step back and just observe your timeline you can appreciate how you can gain an objective viewpoint by disassociating from the memories/future imaginings. To clarify, this means you can imagine seeing yourself down there on the timeline in those memories. This enables you to gain new perspectives and insight.

You can also use symbols to represent events on your timeline. As you will discover with some of the Tools in the 'Toolbox' you can use symbolism along with timeline concepts to manifest profound change very quickly.
As a quick example to clarify what I mean by utilising symbols with timelines, go ahead and do the following technique:

1. Imagine your future going out on you timeline. Do this in whatever way feels best for you. Maybe your future goes off to the right, or maybe your future feels best straight in front of you.

2. Now imagine getting more curious about the amazing NLP secrets and techniques you are going to discover. And think about the wonderful changes you are going to make and imagine how fantastic it's going to feel as you create more and more choice, flexibility and freedom!

3. And as you feel that excitement growing, allow yourself to visually represent those future events and see them appearing on the timeline.

4. Just go ahead and let that happen now! (Some people see abstract symbols like shapes, others see colour 'blobs.' Simply trust your mind to represent these things for you, that's right!)

5. For a moment take pleasure in the amazing unlimited capabilities of your mind as you look on imagining your compelling future(s). Brighten those symbols so they are shining!
The Toolbox

Getting Motivated!

AMP SUB-MODS

1. Think of the outcome you want to achieve.

2. Make sure it is a dissociated picture of the outcome completed.

3. Amplify the sub-modalities to make it more compelling. Make it brighter, bring it closer, make it bigger, 3D, intensify the colours and change the location until you find a location that makes it more motivating.

4. Now see yourself doing that activity in a motivated way. Could you future pace it to a few more situations to help generalise the change?

Polarity Slider
As taught by http://www.bronze-dragon.com

1. When you feel unmotivated, what does that feel like?

2. Give that feeling a colour and place the colour in front of you in your left hand.

3. What is the opposite of that feeling? eg) Highly Motivated. When you feel highly motivated, what does it feel like? Give this a colour and see it in front of you in your right hand.

4. Now imagine the two colours merging and blending together so that you can see a horizontal line of colour between your two hands. (For example; if you had red in your left-hand and blue in your right-hand, you could see the red gradually blend into purple in the middle space and then blend into blue as it comes to your right hand.)
5. As you look at this coloured line between your hands you can imagine there is a slider on it. Notice how your feelings change as you slide the slider.

6. Try flipping the polarities around.

7. Now grab hold of this new tool you've just created and slot it into your body in whatever way feels best so that you can remember to use it whenever you require.

8. Future pace: Imagine using this slider in a future situation.

Deep Values Satisfied?

Does the thing you want to get motivated about satisfy one or more of your deep values?

Realising it does could make you more motivated.

Could you think about the activity in a new way that will enable you to satisfy some of your deep values?

Elicit Powerful Motivation Strategy

1. Remember a time when you got really motivated to do something easily.

2. Think about how you got into that state of motivation.

3. What did you say to yourself? Where was the voice located and how did it sound?

4. Did you see any images? Where were they located? Any significant sub-modality distinctions such as brightness, 3D/2D?

5. Where, in your body, did you feel the feelings associated with the motivation state? Where did the feelings start and how did they move?
6. Write down the basic steps of the motivation strategy to help you remember it.

7. Now if you want to get motivated to do something you can use the powerful strategy you just elicited.

Motivation Swish

1. Think of a goal you're working on. What's the first thing you see?

2. Set that picture aside. That is your trigger picture. Break state.

3. Imagine what it will be like to have achieved that goal. What is important about achieving that goal. What core values does it satisfy within you? See yourself over there having achieved this goal and keep asking yourself the questions to make the image more and more compelling. Brighten the colours, make it sharper and clearer too.

4. Shrink that image down to a dot and then make it enlarge really fast. Break state and then repeat from a dot again. This is just to practice the swish mechanism.

5. Now see that image from step 1. Make it big and bright in front of you and then imagine putting that 'compelling goal achieved' dot image, from step 4, into the middle of the picture.

6. Allow the dot image to grow large and bright as the other picture shrinks and fades.

7. Break state. Or blank the screen: Make it pure white or black.

8. Repeat from Step 5 several times going faster and faster until you can do the swish in less than half a second.

9. Now think of the goal from Step 1 and you should feel automatic motivation!
Movie Music

1. Think of the activity you want to get motivated about.

2. Think of some motivating music. (eg Military marching music, dance music...)

3. Now over there on a movie screen you can see yourself doing the activity and you can hear the motivating music loud and clear.

4. Step into the scene and imagine doing the activity whilst hearing the music inside your mind.

5. Is the music you selected motivating you?

The Motivation Switch

1. Remember a time you were really motivated.

2. Imagine being back in the experience. See what you saw, hear what you heard and feel those feelings. Where are those feelings in your body? How does it feel?

3. Anchor this feeling of motivation by squeezing your thumb and finger together.

4. Break state. Test the anchor, does the motivation feeling come back? If not repeat from step 1 making sure you choose a motivation experience.

5. Think of a situation in the future where you would like this feeling. What will be the first thing you see or hear?

6. Trigger your anchor whilst imagining the experience feeling that feeling of motivation.

7. You can also use this anchor whenever you want to feel more motivated by squeezing your trigger.
Map Across Motivation

1. Think of a time you were extremely motivated to action. If you can't think of one try this: Imagine there is a £50 note on the floor!

2. Now compare the sub-modalities of the thing you 'want to get motivated about' with the sub-modalities of the motivating picture. eg) Where are the two pictures located? Do they have a voice along with the picture and where is that voice located?

3. Next push the 'want to get motivated about' picture off into the distance and bring it back into the position of the motivating picture and notice it's sub-modalities have changed to become motivating. If you heard a voice in the motivating experience allow that voice to be heard now.

4. Break state.

5. Future pace: Imagine a future event about the 'thing you want to get motivated about.' You should now feel motivated about it.

Reward Technique

1. Think of something you love to do. (eg Eat a luxury chocolate)

2. You can't do the pleasurable activity in step one until you've done the thing you are trying to get motivated about.

The Magic Iris Pattern Originally called, 'The Godiva Chocolate Pattern', as taught by Eric Robbie http://www.ericrobbie.com

1. Think of something that if it was in front of you, you would just have to 'go for it'. For example if you love chocolate and you saw a really delicious luxury chocolate box on the table you would grab one. How about if you saw a £50 note on the floor! Think of something that for you personally creates a state of 'Go For It!'
2. SEE YOURSELF over there in the distance about to do the thing you want to get motivated about.

3. Now make a small hole in the center of the picture.

4. Allow the 'Go For It!' picture to open up through the hole enough so you feel drawn to it. Shrink it back down. Repeat this zooming in and out a few times very fast (less than half a second).

5. The idea is to associate the 'Go For It!' feeling to the “need motivation” picture.

6. Future Pace: Think of several occasions, like you selected in step 2, and notice if the motivation feeling 'kicks in.'

   TOP TIP: It can help to put a border around the picture you selected in step 2.

Physiology Change

1. Remember a time you were really motivated to do something and notice what your posture was like at the time. How were you standing, what was your head position, how did you breath, what was your pulse rate like etc?

2. Now shift into this posture and feel the difference whilst thinking about the thing you want to get motivated about.

WHAT ELSE COULD YOU USE THESE TECHNIQUES FOR?
Personal Power

"Brains aren't designed to get results; they learn to go in directions. If you know how the brain works, you can set your own directions. If you don't, then someone else will." - Dr. Richard Bandler (Using your brain for a change)

Internal Power Music

1. Choose some music that makes you feel powerful.

2. Now think of a specific situation where you would like to feel more personal power.

3. Hear the music nice and loud in your mind whilst imagining the situation. Go through to the end. You can do this quickly.

4. Break state.

5. Now think of the situation you choose in step 2 again and notice how it feels different.

6. It is a good idea to run this quick process with a few other situations. Doing so will make it more likely that your mind will generalise the personal power feelings into other situations in your life.

Personal Power Map Across

1. Notice your internal image for where you LACK personal power.

2. Next remember a time when you felt a lot of personal power.

3. Compare the two pictures in your mind. Notice the difference between submodalities.
4. Now shift the image from step 1 into the position of the personal power image and change the submodalities so they are the same.

5. Break state.

6. Now think of the situation you choose in step 1 again and notice how you feel.

7. You could think of future situations where you would enjoy more personal power and map these across like you've done above. Doing so will program that power in, so that you feel it automatically when the situation arrives.

Creative Visualisation (Shapeshifting) As taught by Dr. Richard Bandler
http://www.richardbandler.com/And Susanna Bellini - ShamaniX®
http://www.bronze-dragon.com

You can use this simple and powerful technique in many situations. Meetings, walking at night through dodgy neighbourhoods, challenging clients etc.

1. Think of an animal that represents power to you. (eg A Puma)

2. Visualise a large puma in front of you. Notice it's colours, the way it breathes etc.

3. Now step inside it and imagine being the Puma!

4. Notice how it feels to be this power animal and notice how your perceptions have changed. Your vision may be different, your hearing may be different, smells, tastes?

5. You could use a human being who you think of as powerful in place of an animal.

6. Now imagine some future events where it would be useful to feel these feelings and step into the puma and see through his eyes and hear through his ears as you imagine experiencing that situation.
Magical YOU Card Trick

1. Imagine an image of yourself that you find really attractive and powerful. It can be a future you that has learned many skills and become very successful.

2. Amplify the submodalities. Make the colours brighter, the image sharper and 3D. Try adding sparkles and discover if this makes the image more compelling. Double the size of the image.

3. Duplicate the picture 100's of times, so that it's like a large deck of cards.

4. Now physically grab hold of the deck and throw them high into the air and watch them land in random places all around you 360 degrees all the way off into the horizon.

Congruent Personal Power (Resolving Inner Conflicts Tool)

1. Identify the two conflicting parts or positions within your mind. (These could be beliefs, parts of yourself or values.)

   eg) Want to feel more powerful Vs. Fear of being arrogant

2. Place your hands out in front of you palms up. Now select one of the parts and imagine placing it in one of your hands, whichever feels appropriate. And then put the other part in the other hand.

3. Starting with one part ask what it's positive intention is. Simply ask, "What is your positive intention?" When you get an answer ask, "And what is the positive intention of that?"

4. Repeat Step 3 with both parts until you recognise that at some level both parts actually want the same thing.

5. Now imagine a 'super part' in between your hands with the combined resources of part one and part two.

6. And then allow both parts to communicate with each other as you
slowly bring your hands closer and closer together, imagining the two parts beginning to merge and blend into the new integrated 'super part.' (Note: You can just pretend this is happening.)

7. When your hands are together with the new integrated part inside you can bring that into your body. Many people bring it into their chest. Trust your intuition and bring it into where feels best for you.

The Energy Cyclone As taught by Dr. Richard Bandler
http://www.richardbandler.com

1. Imagine you are in the centre of a cyclone of energy.
2. Feel the energy spinning around in your body.
3. Start at your feet and spin it up through your body into your head.
4. Keep it spinning faster and faster and send it back down to your feet and then back up again.
5. You can imagine a powerful humming noise to increase the effect.
6. Whilst you keep it spinning fast, imagine a situation where you want more personal power. What will you see, and what will you hear. Keep it spinning fast.

Circle Of Excellence

1. Stand up and remember a time when you felt tremendous personal power. Get the feelings back and amplify them. Spin them up and down your body.

2. As you feel the powerful feelings increase, step into an imaginary circle in front of you. What colour do you want it to be and does it have a sound associated with it? When the feelings are at their peak, step out of the circle.
3. Select a cue. Think of a time you would like more personal power. What would you hear or see just before you want the resourceful feelings to kick in?

4. As soon as the cues are clear in your mind, step back into the circle and feel the powerful feelings as you run through the event in your mind.

5. Break state. Step out of the circle and look around the room. Now think of the situation you choose and notice that you automatically feel more personal power.

Personal Power Swish

1. Identify context: Where specifically do you desire more personal power?

2. Identify cue image: What do you see in the above situation just before you start doing the behaviour you don't like? To help get the cue image it can be useful to actually physically do what you do just before the unwanted behaviour.

3. Create outcome picture: See your self as you would look if you had already accomplished the desired change. Important: Keep changing the submodalities of this picture until you find it really compelling.

4. Swish: Start by seeing the cue image, big and bright. Next put a small dark image of the outcome picture in the lower right corner. The small dark image will grow big and bright and cover the cue image, which will get dim and shrink away. Do this fast until you can 'swish' the pictures in less than half a second. It can be useful to say, 'Swisssssshhh' at the same time!

5. Blank out screen or open your eyes.

6. Repeat from step 4 again five times.

7. Test: Now try and picture the cue image again. If the swish has been effective it will be hard to do as the outcome picture will appear
automatically.

Personal Power Booster!

1. Pick a state you want more of. eg) Confidence

2. What states is this state made up of? eg) Confidence could be made up of the following states: Relaxation, Courage, Sense of humour.

3. When you've got your states, relax and access each state INDIVIDUALLY. Amplify the state (turn up the volume, make the images bigger and brighter etc.) and then anchor it to a physiological trigger. eg) Squeeze your finger and thumb together.

4. Do step 3 on all the states using the same trigger/anchor so that the states are then all stacked together.

5. Now think of something that is positive and true of yourself. eg) 'I am an honest person.' Where in space is that located?

6. Next trigger your anchor and put those feelings into your hand, maybe you can see it as an energy swirling in your palm or just know that feeling is in your hand.

7. Take that feeling and throw it up into the location you discovered in Step 5. Imagine a clicking sound locking that in to position.

8. Break state.

Re-enforcement of Power

1. Think of occasions in your past when you behaved in a way that was truly powerful.

2. Look at your timeline and notice where these occasions are.
3. What resource states could you ADD to reinforce the power of those memories?

4. Access each resource state in turn and anchor it to a physiological trigger such as squeezing your finger and thumb together. Stack the resources by using the same trigger.

5. Now look at your timeline again and notice those occasions you chose in Step 1.

6. Float down the timeline to just before the first powerful occasion. Fire your trigger as you zoom up the timeline enhancing all the experiences with the added resources! If you wish you can zoom up the timeline AGAIN.

7. Break state.

8. Notice how you now feel even better about those past events.

The Mind Equaliser
© Ross Jeffries http://www.seduction.com

1. First choose five states that you believe when combined together will make you feel personal power. For example you might choose; Calmness, Sense of humour, Courage, Confidence, Sexiness

2. Now see yourself or a role model and to the side you can see a Hi-Fi system-style graphic equaliser, which has 5 sliders.

3. Assign your 5 chosen states, one to each slider.

4. Now look at the image of yourself (or role model) and move each slider one at a time. Moving the fader up will increase the state. Moving the fader down will decrease the state.

5. Tweak each slider and notice how this effects the feel of the mixed state until you design the ideal mix.
6. You can use this anytime you feel like it or you can program the state to kick in automatically in the future. To get it to trigger automatically become aware of what you will see or hear just before you want this state to kick in and then slide those sliders!

HOW ELSE COULD YOU USE THESE TECHNIQUES?
**Increasing Self-Worth**

Internal Self-Image Change

The way in which we see ourselves in our minds-eye effects our self-worth.

1. Close your eyes and become aware of how you see yourself.

2. Think of someone you really like and admire. Notice where that image is located.

3. Now move your self-image into the location of the image in Step 2.

4. Try playing with the sub-modalities of your internal self-image. Make it bigger and brighter. How does this make you feel better?

Calibrating Your Feeling of Congruence

1. Congruence is that state of mind you feel when you are in rapport with yourself: The All Systems Go State!

2. Incongruence: Think of a time when you were out of rapport with yourself; you had internal conflicts. What was happening at the time. See what you saw, hear what you heard inside and outside your mind and notice the feelings.

3. Notice the feelings of incongruence in your body. Where exactly do you feel it and what are the qualities of this feeling. By remembering this feeling in detail you can use it as a signal to allow you to become congruent again.

4. Congruence: Think of a time when you felt total congruence. What do you see, hear? What is happening?

5. Again notice the feelings in your body. Where exactly do you feel this, 'all systems go' and what are the qualities of this feeling. Many people also
have an internal voice that goes with this feeling. Think of a word that describes this feeling to help you remember this powerful feeling of congruence.

6. Compare Feelings: Now remember the incongruence feelings again and then feel the congruence feelings again. Compare as many times as needed until you can differentiate between the two.

7. Knowing this will help you remain congruent more often in the future.

Map Across to Your Favourite Pet

1. Think of your favourite pet. Notice the sub-modalities of the picture.

2. Look at your own self-image.

3. Do a contrastive analysis between the two pictures.

4. Now slide your self-image over to where the favourite pet image is and change the sub-modalities, so your self-image becomes more attractive.

Values

Does your current lifestyle satisfy your deepest values? Make a list of your deeply treasured values and put a plan into action so more of them get fulfilled.

You are worthy of de-light!

1. Pick a situation where you want to feel greater self-worth.

2. See yourself in the picture and place a frame around it. Good.

4. Remember a time when you have felt greater self-worth and see what you saw, hear what you heard and feel those feelings. Pay attention to where the good feelings are in your body.

5. What colour represents that greater self-worth feeling?

6. Next see that picture and allow the border to become that colour you just discovered in step 5.

7. Notice that colour get brighter and shine onto the picture. How do you look in the picture in this new de-light?

8. Wouldn't you want to do that on a few more situations so that the de-light gets generalised?!

TOP TIP: You can step into a role model in step 4 to find out how they feel higher self-worth. And they can even be someone off TV!

The Love Cycle
© Colin G Smith http://www.nlptoolbox.com

1. Become even more relaxed.

2. Think of 3 to 5 people that love or deeply appreciate you. (Note: You can include Pets and Spiritual beings such as God, Jesus, Buddha etc. I experience God as a glowing white light.)

3. Imagine they are all stood around you.

4. Notice their kind faces and hear any kind words they have to give you. Feel the loving warmth emanating from them.

5. Associate into each person, one at a time, so you are actually looking at your self. Notice how you look and hear any kind words and feel the loving warmth towards that you.

6. Now step back into yourself and imagine there is a cord coming out from
each of the person's heart chakra into yours. Notice the loving energy flow from their hearts into yours. Does it have a colour? Take your time enjoying these loving feelings flow into your being.

7. Next feel even more gratitude by thanking each person in turn.

8. Future Pace: Keeping this loving feeling, imagine some future situations where it would be useful to have this feeling. What will you see, what will you hear?

The Marvelous Mirror
Similar techniques are taught by Michael Breen and Paul McKenna http://mbnlp.com http://www.paulmckenna.com

1. Stand in front of a mirror, close your eyes, and think about what it feels like to feel really, really fantastic! As those wonderful feelings amplify, give them a colour and spread that colour feeling throughout your being.

2. Next open your eyes and look at yourself.

3. Do this whenever you have the opportunity. eg) In the mornings.

TOP TIP: You can make some very beneficial changes to your self-image if you do this exercise regularly. Why not do it every morning when you are cleaning your teeth? Another useful variation on this technique is to imagine the you in the mirror is sending you love.

The Spinning Top

1. Think of a specific situation where you will benefit from a greater feeling of self-worth.

2. Notice what the first thing you see and hear in this situation is that makes you feel you need greater feelings of self-worth. (This will be your trigger picture.)
3. Now imagine a you from the future. This 'you' has made some wonderful changes and as you look at this image of yourself, you can notice how he/she looks more esteemed; a greater sense of self-worth. (This is your outcome picture.)

4. Now imagine sticking these two pictures back to back: So you can see the trigger picture there in front of you and you know that stuck to the back of that picture is the outcome picture.

5. Now blow on the picture and notice it starting to spin. As you continue blowing on it you can of course see both the trigger picture and the outcome picture as they spin around. Blow faster until it's spinning so fast the two picture are now a blur.


7. Now try and get the original trigger picture back in vain! Notice how your feelings/perception about the situation you choose in Step 1 have changed.

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Big Picture Collage
Adapted from a technique taught by John McWhirter
http://www.sensorysystems.co.uk/

1. See an image of yourself in front of you. Shrink this image down to the size of a stamp.

2. Now think of four images that you really like which demonstrate certain resources you would like to have. eg 1) a courageous person you admire, 2) a picture of a highly creative individual, 3) a kind/loving person, 4) a relaxing cat

3. Next place these four images around the stamp sized image. Make the four images 10m x 10m and connect cords from each image into the stamp image.

4. Looking at all images at once, focus on the image of yourself and notice the energy from each 10m x 10m image flowing into it.
5. Break state.

6. Think of your self-image again and notice how your feelings about yourself have changed.

Complimenting Your Identity

1. Remember an occasion someone gave you a sincere compliment. This could just be a little compliment as long as it made you feel good.

2. Now imagine that occasion happening again in the present. See them in front of you and hear their kind compliment. Feel that compliment and enhance your good feelings even more by feeling gratitude too.

3. Select several other times you were complimented and go through the above steps again.

4. Now stack all these images together so you can see them sort of all at once. (You can just 'act as if' you can do it if that helps!)

5. Notice how these images can all blend into one image, perhaps they turn into a symbol that represents these compliments.

6. Now where inside you does this image need to be kept to become a solid part of your identity? Just notice the first place that comes to mind and go with it.

7. Take the image in your hand and move it into the location in yourself and allow that to become part of your everyday identity.

8. Future Pace: Think of some situations where you want to feel this feeling. What will you see and hear that will act as a trigger for you to feel this feeling?

WHERE ELSE COULD YOU USE THESE TECHNIQUES?
Freeing Up Fears

“One thing that people really need to get about my life's work is that it's not about therapy or business or 'networking' organisations - It's about freedom.” - Dr. Richard Bandler

The Anxiety Removal Machine (The Fast Phobia Cure)

This technique is a very powerful tool for eliminating strong stress responses. It is a classic NLP technique that is commonly know as, 'the fast phobia cure.' However it can be used for much more than treating phobias so I've renamed it. It is also useful for situations that make you feel stress: Crowds, approaching the opposite sex, asking the boss for a raise, public speaking...

1. Fearful Situation: Take a minute and think of a situation that makes you feel the phobic or fearful response. Just enough so that you get access to that part of you that creates the fear.

2. Movie Theater: First, imagine a big theater, you're sitting in a seat near the middle, and on the screen is a still, black & white photo in which you can see yourself in a situation just before you had the phobic response.

3. Leave Body: Next, imagine you are floating out of your body in the movie theater, and up into the projection booth. From here in the projection booth, you can see the screen, and you can see yourself sitting down there in the seat in the middle of the theater.

4. Watch Movie: Now, turn that still snapshot up on the screen into a black & white movie, and watch it from the beginning, to just beyond the end of that unpleasant experience. When you get to the end, turn the movie in to a still picture of yourself after the trauma was over with.

5. Run Movie Backwards: Now leave the projection booth and jump inside the still picture and run the movie backwards. You will see everything happening in reverse: people will walk backwards, the sounds will be backwards, just like rewinding a movie, except you will be inside the movie. Run the movie in reverse in colour, and take less than one - one half seconds to do it.
6. Test: Now think of the experience again and notice your response. In your mind rate the fear on a level of one to ten, with ten being the worst. If it's more than two repeat the entire procedure again.

The Fear Reversal Procedure
As taught by Dr. Richard Bandler http://www.richardbandler.com

Think of a time when you felt nervous.

1. Become aware of where those feelings are in your body. Where does the feeling start and where does it go? (Often people speak of their stomachs turning etc.)

2. Now take the feeling and push it out a couple of feet in front of you. (I know this sounds weird. Just act as if you can do it, because you can.)

3. Turn it inside out and spin it the other way and bring it back inside. If it helps, pretend you can do it and so it is!

4. Keep it spinning fast whilst imagining doing the thing that used to make you nervous.

Soothing Movie Music

1. Think of a situation where you feel fear.

2. Dissociate: See yourself in the situation.

3. Imagine running the memory from the END of the fearful situation, BACKWARDS to the START. Do this very fast in less then 1 second!

4. Think of some music that makes you feel the opposite of fear. For example soothing classical music makes you feel relaxed. Perhaps certain rock or dance music makes you feel energised/courageous etc.
5. Now hear the music, nice and loud, whilst looking at yourself in the situation going through situation from START to END.

6. Break state. Now think of the situation you choose in step 1 and notice how your fearful feelings have diminished.

7. What will you see or hear just before you want this new feeling to set in?

Fearful Memory Blocker

1. Think of a memory that makes you fearful. Notice where the picture is.

2. Now dissociate: See yourself in the picture at a distance over there.

3. Change the colours to black and white and put a frame around it.

4. Do this on 3 more fearful memories. Allow your unconscious mind to generalise this to all your other fearful memories, knowing that you still get to keep important learning's from the experience.

ShamaniX® Shapeshifting
As taught by Susanna Bellini – ShamaniX®
http://www.bronze-dragon.com

1. Pick a situation where you feel slightly panicky. eg Walking through a rowdy crowd of football fans.

2. Now select an animal you feel is very powerful. eg an elephant.

3. Imagine stepping into the elephant and becoming it. And keep in mind this is a elephant with great compassion.

4. Walk through the crowd as an elephant. Make noises inside your head if people get in your way.

5. You can use this whenever you feel panicky. By simply doing the
Collapsing Anchors

1. Select a fearful feeling you want to get rid of. As you feel it squeeze your finger and thumb on your left hand to anchor this state.

2. On an intensity scale of 0 to 10, where is this feeling?

3. Break state. Now think about what you would like to feel instead. What would make you remain in a more resourceful state? Relaxation? Humour? Etc. (May I suggest you choose humour because humour is an incredible gift from the gods!)

4. Now choose one of the resourceful states you have come up with and remember a time you felt that resource strongly. What does this resourceful state feel like?

5. Remembering that resourceful state, anchor it to your right hand by squeezing your finger and thumb together. (If you want you can stack resources together by going to step 4 again and anchoring a different resource state.)

6. On an intensity scale of 0 to 10, where is this feeling? Important: Make sure that this resourceful feeling is more intense than the fearful feeling.

7. Break state. Now squeeze your left hand finger and thumb anchor, hold it, at the same time as you squeeze the right hand finger and thumb anchor. Keep both anchors on for a few seconds, say 7 seconds. (Note: Many people get a sense when the anchors have 'collapsed' or integrated, often by a noticeable shift in breathing.)

8. Release the left hand anchor and just hold the right hand anchor for a couple of seconds.

1. Pick a feeling you want to change.

2. Represent this feeling as a colour and imagine sending it out of your 3rd eye (just above your nose between the eyes) as a colour beam of light. Have this beam go all the way over to the wall tilted upwards at a 20 degree angle. Spin the colour beam clockwise.

3. What resource states do you need to add to change the feeling from Step 1? Give each resource state a colour.

4. Now imagine each of these 'resource colours' as beams coming out of your 3rd eye blending and merging with each other including the first one. Keep them spinning clockwise.

5. Physically stick your hand in the spinning beams and notice how it feels. Do you need to add any other resources?

6. Remember times this resource state would have been useful. See YOURSELF in the memories as you place them onto the colour beams rather like a slide or photograph.

7. Think of future events this resource state would be useful. Place these memory pictures onto the colour beams.

8. Now looking at all the pictures on the colour beams up to the wall, notice how the beams are spinning and 'colourizing' all of the pictures.

9. Maybe you can imagine the colourful energy bouncing off the wall, back through all the pictures and into your 3rd eye. Bounce this energy back and forth a few times!


11. Think about an event from the past or future where you would have had the feeling from Step 1 and notice the change.
What You Do It For A Friend?

1. Think of an activity that makes you feel fearful. Notice where the picture is located. What are the submodalities?

2. Imagine that your best friend needed you to do this thing. You had to do it for him/her, it was a life or death situation. Notice where that picture is located.

3. Do a contrastive analysis of the two pictures.

4. Next send the picture in step 1 off into the distance and then bring it back up into the position of the image in step 2. Do this very fast, in less than 1/2 a second.


Evoke The Fearful Feelings
Similar techniques are taught by Phil Farber
http://www.members.aol.com/pstuart and Susanna Bellini (ShamaniX®)
http://www.bronze-dragon.com

1. Notice where your fearful feelings are.

2. Push the feelings out in front of you and change it into a shape that represents those feelings. Any sounds for it?

3. Now look at the shape and hear the sounds. How can you change those to make it feel less fearful?

4. Try changing the position, colours, shape, texture etc. and the sounds until you feel you've made a difference.

5. Now bring the shape and sounds into one whole and bring it back into your body and let it integrate.

6. Break state. Now think of the fearful feelings you selected in step 1 and notice the difference.
7. Future Pace: Imagine a future situation, see what you would see and hear what you would hear and feel those new feelings you've just created as you go through that experience.

Merging Metaphors Adapted from a technique called 'Spinning Icons' developed by Joe Munshaw and Nelson Zink

1. Select a problem state.

2. As you think about your problem state what visual image comes to mind? Notice where it is located in space.

3. Break state. Now think about the desired resource state (or outcome, or goal) you would like instead. Notice how you represent this as a visual image. Pay attention to where it is located in space.

4. Break state. Now allow your mind to turn the first picture (problem state) into a metaphorical symbol or icon. Keep it in the same location in space. (This visual metaphor could be quite complex or it may be as simple as a colour. Just trust your unconscious.)

TOP TIP: It can be useful to ask yourself, "What is this problem state like?" This often allows a metaphorical representation to arise.

5. Break state. Do the same thing with the desired resource state you selected in step 3, making sure to place the new metaphor symbol in the same location in space as the original image.

6. Break state. Now see the two metaphor symbols at the same time noticing their locations in space. Next slowly rotate them around each other. Keep rotating them around each other and do so faster and faster. Do this spinning for about 10 seconds allowing the rotation to be so fast that you can no longer track the images and you may even feel a little confused.

7. Now allow the images to merge together, that's right. And push this merged image out in front of you where you can view it easily. Describe
the new image briefly, quickly moving to step 8.

8. Immediately begin telling WHATEVER story comes to mind. Just allow yourself to start telling a story. It doesn't matter what it is. It could be a real memory, a story or just simply made up ramblings. The point being is that this process taps into your vast unconscious resources.

9. Now ask yourself, "How is this story relevant to my problem/challenge?" or "How can this story help resolve my problem?" (This step can help to give you conscious insight into how the previous steps have made some useful changes.)

WHAT ELSE COULD YOU USE THESE TECHNIQUES FOR?
New Perspectives

Looking at things from a new perspective can enable you to discover new information which can be very useful for all kinds of things; Problems, New creative angles, Marketing, Health, Relationships, etc. Some of these techniques may seem too simple. However it's suprising how 'enlightening' a simple change in perspective can be!

Animal Vision As taught by Susanna Bellini - ShamaniX®
http://www.brone-dragon.com

1. Think of something that you wish to gain a new perspective on.

2. Now look at it through an animals eyes. (eg How would a nocturnal owl view it?, a dolphin, lion, a fly with hundreds of eyes, a fantasy dragon etc.)

3. Notice the new learning's you've gained.

Creative Filters As taught by Susanna Bellini - ShamaniX®
http://www.bronze-dragon.com

This technique is very simple and yet it can give you many new creative insights and useful perceptual shifts.

1. Think of something that you wish to gain a new perspective on.

2. Now look at it as if you were seeing through; water, smoke, treacle, jam, bubbles, foam, mesh, stained glass etc. What else could use as a filter?

3. Notice the new learning's you've gained.

Perceptual Positions

Looking at situations from the following positions is a very powerful way
for gaining new wisdom.

1st Perspective (Associated) See the situation through your own eyes. You are primarily aware of your own thoughts and feelings.

2nd Perspective (Other) Imagine what it is like to be the another person in the situation. Imagine stepping into their body, seeing through their eyes, hearing through their ears, feeling their feelings and thinking their thoughts.

3rd Perspective (Disassociated) Take a detached viewpoint. Imagine you are looking at yourself and the other people in the situation from 'over there'. Try different 'over theres' to gain new understandings.

The Picture re-Frame

1. Think of the thing you want a new perspective on.
2. Imagine a frame around the image. Try different ones such as; a gold frame, a plastic frame, a neon light frame, an oval frame etc.

TOP TIP: You can often gain useful information by dissociating (seeing yourself in the image.) What happens if you view it from different angles? Above, wide angled etc.

ShamaniX® Thought Shifting As taught by Susanna Bellini - ShamaniX® http://www.bronze-dragon.com

1. Think of a something you want a new angle on or new creative insights.
2. Imagine thinking this thought with the quality of: Wavy lines, circles,
jagged lines, flames, water ripples, shooting stars, etc. Actually shift into the quality of being a wavy line. I know it's sounds odd and that's why it works so well!

3. Notice any new ideas that come to mind.

Powerful Timeline Perspective

1. Think of something that you'd like a new perspective on.

2. Travel up your timeline, say, 50 years from now. (Some people find it more beneficial to actually physically walk up their timeline.)

3. Now look back at the present and notice how the thought in Step 1 has effected your life.

4. Having this new perspective, what new learning's have you made?

Coloured Shades © Dr Phil Callaghan
http://www.resourcefulchange.co.uk/

1. Think of something that you like a new perspective on.

2. Select a resource that would create a useful new angle on the above. (eg creativity, relaxation, skill, happiness etc.)

3. Represent that resource with a colour.

4. Now imagine in front of you a pair of sunglasses which are coloured with the colour you selected in step 3.

5. Put them on and look at the thing you selected in step 1 with this new coloured perspective.

6. Enjoy the new learnings you've gained. Perhaps try it again with other shades.
7. Would it be useful to have those 'shades' on in future situations? You can future pace by imagining a future situation, see what you would see and hear what you would hear as you imagine the situation through those coloured shades.

**Binocular Vision**

1. Think of something you need to look at more closely.
2. Imagine a pair of binoculars in front of you.
3. Pick them up and look through them at the thing you selected in step 1.
4. Now turn the binoculars around and see them the other way!
5. Become aware of any new learning's you've made.

**Visual Kinesthetic (V-K) Dissociation Technique**

1. Imagine you are sitting in a movie theater.
2. Look up and see the blank movie screen out in front of you.
3. Now float out of your body into the projection booth, so you can see yourself down there watching that screen over there. (It can help to actually move to a different physical location. And remember you can always 'act as if' or pretend you are doing the steps.)
4. Now looking at yourself down there watching the movie screen you can begin to project snap shots of yourself in experiences where you want to gain more insight. (Note: If these are painful experiences, make that image black and white and place a border around it and push the movie screen further away.)
5. Now from this perspective, what positive intention(s) and other choices
or resources can you identify? Anchor the new choices & resources. You could use a word for each anchor.

6. Float back into the seat in the movie theater and looking at that image of you on the movie screen imagine transferring the resources into that experience. Just allow that to happen. (If you knew how to do it, how would you? That's right!)

7. Ecology Check. Is there any part that objects to the new choices?

8. Now step into the past experience that you have been watching on the movie screen, bringing the new resources and choices with you. Do you like it more?

9. Future Pace: Imagine future situations that are similar to the past experience where it would be useful to have the new choices and resources in place.

Micro/Macro Zoomer

1. Select something you want a radically new perspective on.

2. Now imagine you have zoomed in on the image to the microscopic level.

3. Make new learning's. Try different levels of magnification.

4. Next zoom back to normal focus and then zoom out, way out into space.

5. Looking at this new perspective, notice any new understandings.


Submodality Shifts

1. Select something you want a new perspective on.
2. Notice the image in front of you.

3. Now change the submodalities of this image by using any of the following examples and your own ideas; Change it to black/white or colour, 3D or 2D, transparent, oil painting, digitize pixel effect, magic mirror effect, turn it inside out, flip it 45 degrees, stretch it, squash it, tilt it, make it circular/triangular, make monotone in colour, etc.

4. Break state.

5. Now think of the thing you selected in Step 1 and notice how it has changed your perspective about it.

HOW ELSE COULD YOU USE THESE TECHNIQUES?
Generate More Fun/Humour

"The more you can discover how to control your own system, the less dependent you will be on drugs, other people, or events to get you into pleasurable and useful states." -Steve & Coninrae Andreas (Change Your Mind And Keep The Change)

Ridiculous Behaviour Generator
A modified technique taught by Dr. Richard Bandler
http://www.richardbandler.com/

1. Think of a situation where you want to have more fun.

2. See yourself over there in the situation, like you are watching a movie.

3. See yourself having more fun, maybe joking with the other people in the movie.

4. Go back to the start of the movie and try out a different way of having more fun. Perhaps notice something you haven't seen/heard before that makes you chuckle.

5. Now, again from the start, see yourself in the movie and do some behaviour(s) that you would never do in reality. Get really silly with this one. Do something outrageous that just makes you crack up laughing.

6. Break state. Think of the situation again and notice how you feel better about it and look forward to having even more fun in the situation in the future.

Timeline Giddiness

1. Remember a time you were in hysterics, just totally giddy. Notice where the feelings are and where they move.
2. Keep clicking your fingers as you giggle. (Note: You can do this any time you laugh to capture that fun state.)

3. Now look at your future timeline. Walk up through it whilst clicking your fingers and you can imagine 'magic giddy dust' dropping off your fingers onto your timeline.

4. At a certain point, stop and walk back to the present whilst clicking your fingers.

5. Look forward to more Giddiness in the future!

TIP TIP: How about timelining Giddiness into your past? This could help re-enforce the idea that you have always been a fun-loving person.

Circus/Cartoon Movie Music
As taught by Dr. Richard Bandler http://www.richardbandler.com

1. Think of a memory or a future situation where you want to lighten the mood.

2. Look at it like a movie so you can see yourself whilst hearing loud circus (or cartoon) music in the background.

3. Run the movie backwards with the music playing loudly.

4. Break state. Now notice how your mood has lightened about the situation you choose in Step 1.

Funnify Those Internal Voices
As taught by Dr. Richard Bandler http://www.richardbandler.com

1. Pick an internal voice that is irritating.

2. Listen to it go on and on as you change it into a cartoon voice. How does your reaction to it change by hearing it in the voice of Porky Pig? Silvester
The Cat? Daffy Duck?

3. Try speeding the voice up or slowing it down.

4. Have fun with this.

Internal Laughter
As taught by Dr. Richard Bandler http://www.richardbandler.com

1. Think of a memory or a future situation where you would like more fun.

2. Now picture it in your minds eye whilst hearing a loud laughing. The more ridiculous you make this laughing the better. Try using a comedians silly laugh.

3. Break state. Now think of the thing you choose in Step 1 again and notice the difference.

Mapping Laughter Across

1. Remember a time you were laughing your head off. Maybe it was hearing an excellent stand-up comic.

2. Become aware of where the sounds and feelings are and notice the picture in front of you.

3. Take note of the pictures location and other submodalities.

4. Now think of a situation in the future where you want more fun and humour. Where is the picture located and what are its submodalities like?

5. Now take this picture and send it off into the distance. Bring it back up into the location of the fun picture you selected and have it change into those submodalities. Do this very fast in less than 1/2 a second.
Visual Exaggeration

1. Think of a situation where you want more fun.

2. Notice how the people look and sound.

3. Now exaggerate their prominent features like caricature cartoonists do. Let's say your boss has a bulbous nose, make it really big and purple. Does it make a hooting noise if it gets squeezed?!

4. Try dressing people in clown suits. What else?

5. Do the above exercise ahead of time. What will be the first thing you see or hear just before you want this fun in your mind to start?

Automatic Giggle Installer

1. Remember a time you were laughing out loud and having loads of fun. Anchor it by grinning a big grin.

2. Get your timeline in front of you. Spread out the future to the right so that you have, let's say, 3 meters which represents 3 days. Step back so you can see the full stretch from present to 3 days in the future.

3. Now get your unconscious mind to highlight appropriate times, on the timeline, for you to indulge in giggling. Many people see little coloured symbols on the timeline. However you represent them, trust your unconscious mind.

4. Now fire off the anchor by grinning and glance from the present to the future as you watch all the symbols change into your face with grinning smiley faces!

5. Look forward to fun and giggles in the future.
Humourising Slider?!

1. Think of a time you were having loads of fun.

2. Take your hand and touch the top of your other arm. As you amplify the feelings of fun (make the colours and sounds brighter etc.) slide your hand down towards your hand.

3. Now think of a situation where you want to inject some fun.

4. See yourself in the picture, like a movie, at the beginning.

5. Now start your fun slider and slide it down whilst watching the movie unfold.

6. See how funny you can make it!

The Magic Iris Pattern
Originally called, 'The Godiva Chocolate Pattern', as taught by Eric Robbie
http://www.ericrobbie.com

1. Think of something that just makes you smile and laugh and feels fantastic.

2. SEE YOURSELF over there in the distance about to do the thing you want to have more fun with.

3. Now make a small hole in the center of the picture. Allow the 'smiling and laughing' picture to open up through the hole enough so you feel drawn to it. Shrink it back down. Repeat this zooming in and out a few times very fast (less than half a second).

4. The idea is to associate the 'smiling and laughing' feeling to the other picture.
Mundane Becomes FUN!
As taught by Paul Mckenna. http://www.paulmckenna.com

1. Identify an internal voice that you obey such as that really loud one you hear when it says, "IT'S TIME TO GET UP!!" Notice it's sub-modalities paying attention to it's location.

2. Break state. Float above your timeline and drift back in time and find an experience where you were having fun.

3. Associate into the fun experience. See what you saw, hear what you heard and feel those fun feelings. As you amplify the colours and sounds and make those feelings increase associate this amplifying to a sliding anchor on your arm. (Simply slide one hand on the other arm as you amplify the feelings.)

4. Break state. Test the sliding anchor: Slide your hand on your arm and you should feel the fun feelings return.

5. Now hear a voice with the same sub-modalities as the voice you indentified in step 1, saying, "How can I have even more fun now?"

6. Fire off your sliding anchor whilst hearing this new voice so they become associated together.

7. Break state. Move up the timeline into the future and pick five mundane tasks.

8. One by one, put the visual content of the mundane tasks into the submodalities of having fun. Move these pictures out in front of you with rubber bands attached to the face.

9. Now move up the timeline and allow each picture to snap into your face as you slide that sliding fun anchor!

10. Break state. Think of those mundane future tasks and notice how you feel about them.

WHERE ELSE COULD YOU USE THESE TECHNIQUES?
Eliminating Negative Thoughts

Mickey Mouse Voice Changer
As taught by Dr. Richard Bandler http://www.richardbandler.com

1. Think of the bothersome voice in your head.

2. Where is it located in space? How does the loudness, tonality etc. sound?

3. Shift it down into your little finger or your little toe.

4. Now hear the same annoying sentences from the new location with Mickey Mouse's voice. (What other funny cartoon characters could you try?)

5. The bothersome voice won't have the same impact anymore.

The Garbage Can

1. See your negative thoughts as images. If you just have feelings or sounds imagine what they would look like.

2. Now imagine a garbage-can and throw those crappy thoughts into the can. Maybe you can hear the 'thud' as they enter the garbage can.

3. Close the lid shut tight when you've done.

4. You can feel good in the knowledge that the garbage-can disintegrates all the crap inside it.

5. Use this garbage-can anytime a negative thought pops up.
Negative Thought Melter

1. See your negative thought out in front of you.

2. Imagine that the image is an oil painting.

3. It's been heated up and now the paint is melting, see the paint dripping off into the void.

4. See it melt and drip until the canvas is either black or white.

The Sphere of Compassion
©Colin G Smith  http://www.nlptoolbox.com

1. Pick a thought that annoys you. Maybe it's an internal voice or perhaps it the thought of having to talk to a certain person.

2. When you feel compassion what does that feel like? If you want you can imagine someone like the Dali Lama. Step into him and notice what compassion feels like. When you have a strong sense of the feeling give it a colour and sound that represents compassion for you.

3. See the person or internal voice out in front of you as an image. Sometimes it helps to actually use your hand to push them off out in front of you so that you disassociate properly.

4. See a 'you' in the image.

5. Now imagine a sphere or bubble or energetic mist surrounding the image filled with the colour of compassion.

6. As you look at that you can hear the sound of compassion. Just sit there peacefully for a few moments.
Evoke Feelings & Reframe
Similar techniques are taught by Phil Farber
http://www.members.aol.com/pstuart

1. Notice where the feelings are in your body.
2. Push them out so they are in front of you.
3. Allow that feeling in front of you to become a visual symbol.
4. Look at it and ask it what it's positive purpose is.
5. Use whatever answer you get and thank it for the new information.
6. Now change the symbol in front of you in anyway you feel is right. Perhaps change the colours, position, stretch/shrink it, turn it inside out etc.
7. Break state. Look around the room, remember what you had for breakfast etc.
8. Now try and think of the negative feelings again and notice how different you feel.

Bubble Muffle 'Elfy' Voice

1. Notice a troublesome internal voice you have from time to time. Where is it located in space?
2. Push it out further away from you and hear it over there.
3. Imagine placing it in a bubble. Now hear it using different voices such as an Elf or a sexy voice, female/male voice, a helium voice etc. Which one do you prefer?
4. Now play the voice backwards really fast like a cassette tape on rewind.
5. Replace the troublesome voice with a new pleasant tonality, perhaps it is
your own confident voice or maybe it is an actors or someone you admire. Have it say a new empowering phrase.

6. Now have this voice come from the same location you discovered in Step 1.

The Now Infamous R.B. Mantra!
As taught by Dr. Richard Bandler http://www.richardbandler.com

1. Any time you have a nagging voice inside your mind keep repeating the following phrase loud and clear, 'SHUT THE FUCK UP!'

2. Seriously...... TRY IT!

Change Personal History

1. Select a problematic feeling you want to deal with.

2. Notice where the feelings are located in your body. Concentrate on the feelings and anchor the state by pressing your finger against your thumb.

3. Break state. Test the anchor.

4. Now float back on your timeline (it can help to actually physically walk backwards on the timeline) squeezing your finger and thumb anchor so it helps you remember previous times in your personal history that you felt the problematic feeling.

5. When you find a memory, stop and experience it again, noticing your age. Anchor this feeling onto the same anchor. eg finger and thumb.

6. Travel back in time and find three to six experiences doing steps 4 and 5. Stop when you get to the earliest experience.

7. Now step back off the timeline and diassociate from that younger you:
So you are now your adult self in the present, observing that younger you
in that memory.

8. As you look at those experiences on the timeline what resources would that you have needed to respond in a more effective way?

9. Break state. Now turn around or move to a new position and access the required resource states. Amplify the feelings and anchor to the finger and thumb on your other hand. You can stack resources together on the same anchor if you think this would be beneficial.

10. Break state. Now go back on the timeline to the earliest experience and associate into it, see what you saw, hear what you heard and then trigger both anchors together: Squeeze finger and thumb anchors on both hands. Keep both anchors held for a few moments until they have 'collapsed.' Many people know the anchors have 'collapsed' or integrated when they find themselves taking in a deep breath.

11. Now release the problematic anchor and just hold the resource anchor as you notice how your experience of the memory has changed. How does this resource make that past different?

12. Now travel up the timeline and stop at each experience with the new resources and allow those memories to change so they become more resourceful and satisfying. (If needed you can step off the timeline and access and anchor more resources in the present.)

13. Break state. Have the memories change? In what way?

14. Future Pace: Notice what it's like to think about similar possible experiences in the future and notice how resourceful you feel about them.

Voice Recorder Rewind Button

1. Listen to the annoying internal voice one last time.

2. Now hear it play backwards like the rewind on a cassette.

3. Try it fast and try it slow.
4. Now replace that backwards voice with a new positive message with a nice sexy tonality.

Physiology Change

1. Thinking of the negative thoughts that are bothering you start looking towards the sky up above you. Stand up and tilt you head upwards at the same time as both your hands reach up towards the 'stars'.

2. Keep this posture for as long as you can. You may find that the negative thoughts diminish or you may start laughing at yourself.

Into The Vortex

1. Notice the negative thought (feelings, images or sounds).

2. Now spin them into a vortex out in front of you.

3. This vortex sucks everything into it and they disappear into an abyss.

4. When you feel this is done, break state (look around room etc.)

5. Think of a new positive thought to replace the old thought.

6. Amplify the submodalities, make it big, bright and clear.

Stick 'em On The Hypnotists Couch!
©Colin G Smith http://www.nlptoolbox.com

1. Become aware of an internal image of annoying voices.

2. Sit them down on a couch in your mind.
3. Now tell them to close their eyes and hypnotise them into a trance. Thank them.

4. Instruct them to change their voice tonality so they become easier to listen to. Ask them to use positive phrases from now on.

The Negative Voice Mute Switch
©Colin G Smith http://www.nlptoolbox.com

1. Think of a behaviour that is no longer part of you. Eg Bed wetting. Notice where that picture is located and discover its submodalities.

2. Now white out the picture. Simply turn up all the colours so they saturate and become white.

3. Now place this 'white out' image in your left hand.

4. Next think of times in the past when you've heard the negative voice. What did it say and where was it located in space?

5. Grab hold of the voice in your right hand.

6. Collect a few more examples of the negative voice and place them again in your right hand.

7. Now shove those voices into the 'white out' in your left hand.

8. Break state. Wipe/shake your hands if you want.

9. Now imagine what you would like an internal voice to say to you instead. Something pleasant. Make the tonality nice. Place a few examples into your right hand.

10. Take your right hand and integrate those new voices into your mind in whatever way is best for you. Eg place your hand on your ear, place your hand on your head etc.

WHAT ELSE COULD YOU USE THESE TECHNIQUES FOR?
This technique is performed with a little closed eye visualisation. It may help to have someone else go through this with you.

1. Now sit in an upright position and just let your eyes close if you feel that you are able to relax and use your imagination more this way. Take some deep breaths and let your brain know that you want it to do something interesting and new and here is the extra oxygen it will need for the process. Just sit for a few moments and really breathe, almost as though you have nostrils on the bottom of your feet and you can feel the life giving oxygen running up through your feet to your legs through your tummy and into your lungs.

2. Now when you are relaxed and ready to proceed just start to focus on the headache itself. Notice where about's in your head that it hurts. Is it on the top, over one eye, to the side, at the back or in the centre? Also notice the size of the headache and notice how much it weighs. Some people note that their headache is moving and pulsating. What is the shape to your headache and is it moving? Does it have a weight to it?

3. Now hold your hand out in front of you as though you are about to receive something into it. Keep thinking about the details of your headache and imagine placing it into your hand with the same weight and shape and movement as your actual headache. Feel the headache as it rests in the palm of your hand.

4. Look down at your palm and think of the colour of your headache. Imagine it having a colour and then also add to it a sound. If it had a colour and a sound what would they be? Look at the headache in your hand and see that colour. Listen to it carefully and hear the sound of your headache coming from the palm of your hand.

5. Finally imagine what texture your headache would have and feel that texture in your hand. Move it around in your palm and feel the texture.
Experience all of these details about your headache in the palm of your hand for about 30 seconds. When you are ready slowly begin to close your hand into a tight fist. As you do this imagine the headache acts like putty in your hands. Feel it changing shape as you close your fist. Make it tighter and feel the headache squeezing out from between your fingers. Keep squeezing it until all of the headache has come through your fingers and fallen to the floor. Next open your hand slowly and if you see any remaining headache, use your fingers and roll it up into a small ball. Roll it all up and then flick it away into a rubbish bin or away into the room somewhere.

If you have done this successfully you should begin to feel some relief from the headache that you had a few minutes ago within about 5 minutes.

Compulsion Blowout

1. Select the thing you have a compulsion for. (eg chocolate, nail biting)

2. Notice where the image is located. What are the submodalities?

3. Discover which submodality has the most powerful effect (driver submodality) on your feelings by testing each one at a time. (Is it distance? Is it brightness? Etc.)

4. Now amplify the driver submodality over threshold. For example lets say the driver submodality was brightness; Amplify the brightness all the way to the extent that it 'whites out', like a TV brightness control would.)

5. Break state. Think of your old compulsion and notice how it has changed.

Quick Diet Changer

1. Think of a food you enjoy and would like to eat less of. (eg icecream)
2. Think of a food you hardly ever eat and aren't keen on. (e.g., olives)

3. Do a contrastive analysis of the two pictures.

4. Now take the picture in step 1 and send it off into the distance and then bring it back into the position of the picture in step 2. Have it's submodalities change to that of those of a food you hardly ever eat and aren't keen on. Do this quickly in less than 1/2 a second.

5. Break state. Now think of the food you selected in step 1 and notice how your feelings about it have changed.

6. Future Pace: Think of future occasions when you would have the opportunity to eat the food you enjoy and notice how you now have a choice: You can take it or leave it.

Quick Diet Changer 2

1. Think of a healthy food you would like to eat more of.

2. Think of a food you just love to eat!

3. Do a contrastive analysis of the two pictures.

4. Now take the picture in step 1 and send it off into the distance and bring it back into the location of the picture in step 2. Change its submodalities to that of the picture of a food you just love to eat. Do this quickly in less than 1/2 a second.

5. Break state. Now think of the food you selected in step 1 and notice how you now feel about it.

6. Future Pace: Think of future situations when it would be appropriate to eat the healthy food and notice how you can feel good about doing so.
Stop Smoking Swish

1. Identify cue image: What do you see just before you decide to light up a cigarette? To help get the cue image it can be useful to actually physically do what you do just before the unwanted behaviour.

2. Create outcome picture: See yourself as you would look if you had already accomplished the desired change (e.g., smoke-free, able to be around others that smoke and looking healthier.) Important: Keep changing the submodalities of this picture until you find it really compelling.

3. Swish: Start by seeing the cue image, big and bright. Next put a small dark image of the outcome picture in the lower right corner. The small dark image will grow big and bright and cover the cue image, which will get dim and shrink away. It can be useful to say, 'Swisssshhhhh' at the same time! Do the swish very fast, in less than half a second.

4. Blank out screen or open your eyes.

5. Repeat from step 4 again five times.

6. Test: Now try and picture the cue image again. If the swish has been effective it will be hard to do as the outcome picture will appear automatically.

Clear Toxins Out

1. Lay down and become more comfortable.

2. Imagine there is a beam of white light shining down into the top of your head. This is a beam of pure healing energy.

3. Imagine the beam is flowing down your body from the top of your head into your face, shoulder, arms etc. and feel it's healing warmth penetrate your body as the toxins are pushed further and further down your body.

4. Continue down and feel the light energy engulfing your body in ripples as the toxins descend into and out of the soles of your feet.
5. You can imagine the toxins coming out of the soles of your feet as mist if you wish.

6. Do this exercise for about 5 to 10 minutes every day.

Eliminating Allergic Responses
Developed by Robert Dilts, Tim Hallbom & Suzi Smith
http://www.nlpu.com   http://www.nl pca.com
http://www.nlpanchorpoint.com

1. Remember a time you had an allergic response to something. (eg Cat hairs make you sneeze and your eyes water.) Get back a little bit of the feeling of the allergic response.

2. Now think of something similar which your immune system already knows how to respond appropriately too. (eg Dog hairs)

3. Think of a time you were in a situation with the thing chosen in step 2. Remember how you felt and realise your immune system responded appropriately.

4. Anchor this feeling by pressing your thumb and finger together. Break state.

5. Imagine you are surrounded by a Plexiglas bubble. This bubble keeps you safe from anything on the outside of the bubble.

6. Now notice on the other side of the bubble there is another you. Watch this other you, responding appropriately, in a situation where there is the thing you choose in step 2.

7. Re-trigger the anchor by squeezing your thumb and finger together. Next see that other you, with your immune system responding appropriately, in a situation with the thing you choose in step 1.

8. Break state. Now remember a time you had an allergic reaction like you did in step 1 and notice how you feel different because you have retrained
your immune system.

6 Step Reframe Pain (or Symptom)

1. Identify the pain (or symptom - eg hives etc.) that you want to change.

2. Establish communication with the part which is responsible for the behaviour. Go inside and ask the part if it is willing to communicate with you in consciousness? Notice any response in yourself. It could be a visual signal, a sound/voice, or a certain feeling. When you have a signal make sure it is correct by asking it to increase the signal if it is a YES and decrease it if it is a NO.

3. Separate the positive intention from the behaviour. Thank the part for cooperating. Ask, 'Will the part which is responsible for the behaviour let me know what it is trying to do?' You will get a clear intention which may be a surprise to your conscious mind. Think whether you want the part to do that. If you get a 'No' signal, you can just assume a positive intention and continue. Or you could ask under what circumstances it would let you know. Ask the part, 'If you were given ways to accomplish this intention, at least as well, if not better than the present, would you be willing to try them out?' If you get a 'No', your signals are scrambled - no part would turn down an offer like this!

4. Ask your creative part to generate new ways that will accomplish the same purpose. Ask your creative part to generate as many solutions as it can - you do not need to know what these are consciously. Ask the part being negotiated with to select at least three of these for it to try. Ask it to give you a signal each time it has selected one. Take as long as you need on this part of the process. Thank your creative part when you have finished.

5. Ask the part if it will agree to use the new choices over the next few weeks, rather than the old behaviour. This is future rehearsing the new behaviour. There is no reason why the part should not agree to do this. If you get a 'No', then tell it it can still use the old behaviour - only use the new behaviour first. If you still get a 'No', then reframe the objecting part (By going back to step 1).
6. Ecological Check: Go inside and ask, 'Does any part of me object to the new choices?' If there are objections then check them out by asking the part to intensify the signal. If there are objections then you can reframe the part or ask it to get together with the creative part to find more solutions.

Ensure that there are no objecting parts, otherwise they may try to sabotage.

HOW ELSE COULD YOU USE THESE TECHNIQUES?
It's All About Beliefs

"Any sufficiently advanced technology is indistinguishable from magic" - Arthur C. Clarke

R.B. Sub-modality Belief Changer
As taught by Dr. Richard Bandler http://www.richardbandler.com

1. Identify a belief you are convinced is absolutely true (eg The sun will come up tomorrow or breathing is essential for life.) Where do you have the belief located in space?

2. Identify a belief you have doubts about (eg I can run the 100 meters in 12 seconds.) Where is it located?

3. Identify a belief you feel is absolutely false or ludicrous (eg The moon is made of green cheese.) Where is it located?

4. Think of a belief you want to get rid of. Notice where it is located. Now send it off into the distance in an arc and bring it back into the location of the doubtful belief.

5. From where it is located now, send it off into the distance again and then bring it back into the location of the false/ludicrous belief.

6. Break state. Now think of a new shiny, fantastic belief you would like to adopt. (Note: It is usually more empowering to select an ongoing process belief. So instead of, 'I am confident', you have, 'My confidence is increasing')

7. Send it off into the distance and bring it back to the position of doubt.

8. Now send it off into the distance again and bring it back into the position of the absolutely true belief.

Note: When moving the positions of the beliefs it is important that they cross the vertical midline (ie leftside and rightside) of your body. So it is best to send them off into the distance and bring them back in an arc or in a circular fashion.
Sub-modality Belief Change II  
As taught by Richard Bandler and Will Mcdonald

This Belief change tool has a different structure to the other sub-modality belief change technique. Play with both and find out which works best for you.

1. Unwanted Belief: Select a belief you would like to change because it limits your behavioural flexibility and choice.

2. Where is this belief located? Simply point to it and notice the visual sub-modalities.

3. Wishy-Washy Belief: Indentify a belief that could be one way or the other. An example of this kind of belief is, "I could have a cup of tea or I could have a cup of coffee. It doesn't matter which I choose."

4. Where is this belief located? Simply point to it and notice the visual sub-modalities.

5. Change the unwanted belief sub-modalities, one at a time, into the sub-modalities of the wishy-washy belief. Discover which sub-modalities make the biggest difference. Is it brightness, or distance etc. Before you move on be sure to return the sub-modalities back to how they were before.

6. New Belief: Think of a belief that would be more useful than the unwanted belief. This belief should be stated in positive terms and as a process. eg) "I am learning to be more patient" rather than "I am patient." Do an ecology check to make sure all parts of you agree with the new belief. Redefine it if necessary.

7. Now send off the New Belief into the distance and bring it back into the location of wish-washy giving it those 'wishy-washy' sub-modalities. Do this movement very fast, like in half a second!

8. Break state. Now push the Unwanted Belief off into the distance and bring it back into the location of 'wishy-washy' giving it those wishy-washy sub-modalities. Do this movement fast in say less than half a second.
9. Break state. Next push the New Belief from it's 'wishy-washy' location off into the distance and then bring it back fast into the location of the old unwanted belief giving it those sub-modalities. Do this fast in less than half a second.

10. Break state. What do you believe about yourself now? If you have this new belief what will you be able to do that you couldn't do before?

11. Future Pace: Imagine doing new behaviours in several situations that you can now do due to the new belief.

Integrating Conflicting Beliefs
As taught by Dr. Richard Bandler http://www.richardbandler.com

1. Identify your two conflicting beliefs (parts, values, behaviours). Imagine placing one in each hand.

2. Ask each one questions to find out their positive intentions and let them respect each others intentions.

3. By allowing them to communicate with each other and observing them from a dissociated viewpoint, notice how the two have a common intention on a higher level.

4. Identify the resources and capabilities that each part has that would be helpful to the other part in order to accomplish its own positive intention and the common goal.

5. Identify the resources and capabilities that each part has that would be helpful to the other part in order to accomplish its own positive intention and the common goal.

6. Now allow the hands to come together as the two parts merge and integrate together. Take as long as you need to do this comfortably.

7. Now take the integrate whole in your closed hands inside your body, wherever you feel is the most appropriate.
Imagine what it is like to go into both your past and future, taking this integration with you and experiencing how it positively influences the events of your life.

The Belief Dissolver
© Klaus Grochowiak http://www.cnlpa.de (Known as The Diamond Technique.) As taught by Dirk Bansch http://www.mindskills-training.com

This is a great technique for gaining new insights into problems and indeed it can totally reframe them.

1. Mark out four spots on the ground (eg paper) to form a diamond shape:

   Common

| Problem | Opposite | 1. Enable me to do? | 2. Stop me from doing? | Beyond |

2. Now step into the 'problem' spot and answer the following questions to yourself. i) What does this problem enable me to do? ii) What does it stop me from doing?

3. Next step into the 'opposite' spot. What is the opposite of the 'problem'? With that in mind answer the following questions. i) What does this enable me to do? ii) What does it stop me from doing?

4. Now step into the 'common' spot. What do the, 'problem' and 'opposite' have in common? Now answer the following questions. i) What does this enable me to do? ii) What does it stop me from doing?

5. Next stand in the 'beyond' spot and come up with something that is beyond all of the other spots. Again ask the two questions. i) What does this enable me to do? ii) What does it stop me from doing?
Limiting Belief Timeline Perspectives

1. Select a limiting belief that you would like to change.

2. Imagine your timeline out in front of you with the past going to the left, the present in front of you and the future going off to the right.

3. Now step onto the timeline and walk up the future to 25 years from now.

4. Turn around and look back at the 25 years back to the present. Notice how the limiting belief has effected and limited your life. How much pain has it caused you? How has it effected your relationships with people, work and life in general? What could you of achieved without this limiting belief in the last 25 years?

5. Walk back to the present with your new learning's.

A Powerful New Perspective
As taught by John McWhirter http://www.sensorysystems.co.uk

This pattern is great for getting a new perspective on beliefs, behaviours and values. You can use it for creating all sorts of changes.

1. Choose something you believe you are not very good at. Picture it as a stamp sized image in front of you.

2. Now choose four activities you believe you are competent at and enjoy.

3. Make the four pictures very big, say 10 x 10 feetsquare, and arrange them around the stamp sized image. You could have cords coming from each picture into the stamp sized image, feeding it positive energies.

4. Now look at all the pictures at once and notice how the small picture in the middle is changing.

5. Break state. Think of the activity you thought of in step 1 and notice how it has changed.
Belief Change Using Perceptual Positions
As taught by Charles Faulkner http://nlpco.com

This is a very powerful technique that can give you a lot of insights at the conscious level.

1. Set up a 3 x 3 grid on the floor, using paper, like below:

   FUTURE Associated Other Person Neutral Observer
   
   PRESENT Associated Other Person Neutral Observer
   
   PAST Associated Other Person Neutral Observer

2. Next select a limiting belief you want to change.

3. Step into the grid on the square labeled, 'PAST, Associated.' Now think about the limiting belief as if you were in the past, in your own head. Break state.

4. Now move to the position labeled, 'PAST, Other Person.' Choose someone who you feel could give you a useful new perspective and then see through their eyes and look at yourself in the past with the limiting belief. Break state.

5. Next move to the position labeled, 'PAST, Neutral Observer.' Imagine you can see yourself and any other people that might be their, as if you are looking through a movie camera. Break state.

6. Now do the same three perceptual positions for the present and the future.

7. What new learning's and changes have occurred?
What beliefs do you need?
© Dr Phil Callaghan   http://www.resourcefulchange.co.uk

1. Think of a situation where you want to be better.

2. Think of something positive that you are absolutely convinced is true of yourself. Notice where it is positioned in space.

3. See in front of you a computer screen. Create a list of beliefs you think would be useful for the situation you selected in step 1.

4. Highlight the ones that are the most important.

5. Now grab one at a time and shove it into the 'convinced' location.


Re-enforce Every Positive Belief

1. Think of a positive belief you have about yourself. Notice where it is located and it's other submodalities.

2. Try increasing a submodality at a time to discover which ones make the belief even more convincing. eg bigger, brighter, more colour etc.

3. Set your timeline out in front of you, with the past going to the left and the future going to the right.

4. Allow your unconscious to visually symbolise every positive belief you've had about yourself on your timeline.

5. Now change each symbolised belief using the submodality distinctions you found in step 2.
'Steal' Someone's Powerful Beliefs
As taught by Dr. John M. La Tourrette
http://www.mentaltrainingsecrets.com and Win Wenger
http://www.winwenger.com

1. Think of someone you admire and would like to know what beliefs they have to achieve their goals.

2. Go into a relaxed state as deep as you can go.

3. Now look over there at a movie of the person doing the activity you want to discover more about. Watch how they move, listen to their voice etc.

4. Now imagine taking their head and sticking it on your shoulders, so you now have their head on.

5. Become aware of how you feel different being them. Notice your breathing, and the way your body feels slightly different.

6. Notice the internal dialogue and the tone of voice used.

7. Now ask what beliefs they have to achieve the tasks you want to learn more about and any other useful learning's.

8. Note: It is very useful to have a dictaphone when doing this exercise. You may be surprised how much useful information you get.

WHERE ELSE COULD YOU USE THESE TECHNIQUES?
Relaxation

Quick Relaxation

1. Loosen your clothing and get comfortable.

2. Tighten the muscles in your toes. Hold for a count of 10. Relax and enjoy the sensation of release from tension.

3. Flex the muscles in your feet. Hold for a count of 10. Relax.

4. Move slowly up through your body - legs, abdomen, back, neck, face - contracting and relaxing the muscles as you go.

5. Breathe deeply and slowly.

Anchored Relaxation
As taught by Paul Mckenna  http://www.paulmckenna.com

1. Remember a time you were very relaxed. Maybe you were on a long train journey.

2. Imagine being back in the experience. See what you saw, hear what you heard and feel those feelings. Where are those feelings in your body? How does it feel?

3. Anchor this relaxed feeling by squeezing your thumb and finger together.

4. Think of a situation in the future where you would like this feeling. What will be the first thing you see or hear?

5. Trigger your anchor whilst thinking of the first thing you will see or hear and then imagine the situation with that relaxation feeling.

6. You can also use this anchor whenever you want to feel more relaxed by squeezing your trigger.
Integrating Parts (Or Resolving Inner Conflicts Tool)

1. Identify the two conflicting parts or positions within your mind. (These could be beliefs, parts of yourself or values.)

eg) I want to relax more Vs. Should be busy/active

2. Place your hands out in front of you palms up. Now select one of the parts and imagine placing it in one of your hands, whichever feels appropriate. And then put the other part in the other hand.

3. Starting with one part ask what it's positive intention is. Simply ask, "What is your positive intention?" When you get an answer ask, "And what is the positive intention of that?"

4. Repeat Step 3 with both parts until you recognise that at some level both parts actually want the same thing.

5. Now imagine a 'super part' in between your hands with the combined resources of part one and part two.

6. And then allow both parts to communicate with each other as you slowly bring your hands closer and closer together, imagining the two parts beginning to merge and blend into the new integrated 'super part.' (Note: You can just pretend this is happening.)

7. When your hands are together with the new integrated part inside you can bring that into your body. Many people bring it into their chest. Trust your intuition and bring it into where feels best for you.

3, 2, 1 Relaxation
Adapted from Betty Erickson's Self Hypnosis Technique

1. Close your eyes and take a deep breath.

2. Mentally remember three visual objects in the room or outside.

3. Next notice three sounds in the room or outside.
4. Now notice three feelings from the room. (eg air, temperature, vibrations)

5. Become aware of three images in your mind.

6. Next notice three sounds inside your mind.

7. Now notice three internal feelings. (eg skin, emotional feelings, blood flow)

8. Go back to step 2 and repeat the process with two visuals, sounds, feelings.

9. Finally repeat from step 2 with one visual, sound, feeling.

Focusing
As taught by Susanna Bellini - ShamaniX® http://www.bronze-dragon.com

1. Select a small personal object that you like a great deal. It might be a piece of jewelry or a simple flower from your garden.

2. Focus all your attention on this object as you inhale and exhale slowly and deeply for one to two minutes.

3. While you are doing this exercise, try not to let any other thoughts or feelings enter your mind. If they do, just return your attention to the object.

4. At the end of this exercise you will probably feel more peaceful and calmer. Any tension or nervousness that you were feeling upon starting the exercise should be diminished.

Relaxation Slider

1. Close your eyes, take a deep breath and relax.
2. Bring to mind a colour that represents profound relaxation to you.

3. Imagine a slider in front of you. It could be like a hi-fi's graphic equaliser. Use whatever feels best for you. Make it the colour you choose in step 2.

4. Now as you slide the slider down you will relax even more.

5. Go all the way down into the minus zone.

6. You can wake up more by sliding the slider upwards.

Relaxing Mind Music

1. Think of a piece of music you find very relaxing.

2. Think of a specific situation where you would like to experience more relaxation.

3. Whilst thinking of this situation hear the music clearly in your mind.

4. Do this process for 3 other specific situations. This will help your mind generalise relaxation to other areas of your life.

Relaxed to the Core
This technique is inspired by Connirae Andreas's "Core Transformation."
http://www.coretransformation.org

1. Close your eyes, sitting comfortably and identify the part of you that wants to relax more. Where is this part of you located in your body?

2. Welcome this part by asking it what it wants for you that is positive.

3. Patiently allow the answer to arise and then ask, "If you have the outcome from the previous step fully and completely, what do you want
through having that, that you value as even more important?"

4. Repeat this questioning process in step 3 until you discover your 'core state.' This state will be something like, love, peace, oneness, OKness, being-ness etc.

5. Indulge in this higher consciousness state of mind. Just breath with it.

6. You could of course anchor this state. What colour would best represent this state? Spread this colour throughout your body. Would it be useful to spread this colour onto your timeline? Or you could give the feeling a sound, like a mantra. Simply keep repeating a certain word or sound and this will become associated with the state!

7. Future Pace: Imagine a future event where it would be useful to have a more relaxed state of mind. Now see what you would see, hear what you would hear as you trigger your anchor: colour in body or internal mantra sound. And notice how you are more relaxed in the situation.

Map Across Relaxation

1. Remember a time you were very relaxed.

2. Notice where the picture is located. What are its submodalities?

3. Think of a situation where you want to be more relaxed. Notice where the picture is located.

4. Now move the picture in step 3 into the location of the picture in step 2 and change its submodalities to that of relaxation.

Peripheral Vision ('Hakalau' - Hawaiian Shamanism/Huna)
As taught by Dr. John M. La Tourrette
http://www.mentaltrainingssecrets.com and Susanna Bellini - ShamaniX®
http://www.bronze-dragon.com
1. Look out in front of you at a 20 degree angle upwards. Become aware of objects/movements in the horizontal part of your peripheral vision.

2. Become aware of objects/movements in the vertical part of your peripheral vision. (e.g., your shoes and the sky.)

3. As you notice more and more of your peripheral vision allow it to spread out and around you so that you can imagine what is behind you too.

4. Now you can do this with your other senses. Spread your hearing out and around and then do the same with your kinesthetics.

5. Stay in this state for several minutes and you will become very relaxed. This technique switches on your parasympathetic nervous system.

6. Try closing your eyes and doing it!

WHAT ELSE COULD YOU USE THESE TECHNIQUES FOR?
Other Cool Tools

"It's very useful to take some time to practice taking an event or pattern in one modality and then transform it into an analogous experience in another modality." - Steve Andreas (Transforming Yourself)

Unwanted Behaviour Eliminator
As taught by Dr. Richard Bandler  http://www.richardbandler.com

1. Think of a behaviour that you used to do that is no longer part of your character. (eg You used to have temper tantrums as a child.)

2. Notice where you represent this in space. Look at it's other submodalities.

3. Now take this image and 'white it out.' Turn up all the colours until they saturate and it becomes a white square or another shape.

4. Choose a behaviour that you want to eliminate. Notice where you represent this.

5. Move it over and into the 'white out' square.

6. Think of a behaviour that you like about yourself. Where is it? What are it's submodalities like?

7. 'White out' this image.

8. Now think of a new positive behaviour you would like to use as a replacement to the eliminated behaviour. Notice where it is positioned in space.

9. Move it over and into the 'white out' you did in step 7.
Broken Record Scratcher (Pattern Interrupt)
As taught by Anthony Robbins  http://www.anthonyrobbins.com

1. Think of someone that annoys you by constantly saying the same thing to you.

2. The next time they say it, ask them a bizarre question that has nothing to do with what they are saying. eg What colour did you say your bike was?

3. If you do this a few more times you will discover to your delight that the person will start hesitating and then stop repeating themselves like a broken record.

Walt Disney's Creativity Strategy

This is a very useful method for developing new creative ideas and was created by Robert Dilts (http://www.nlpu.com) who modelled Walt Disney's creative process.

1. Mark out 3 positions on the floor. (You can do this with paper sheets if you wish.) Position 1 = Dreamer. Position 2 = Realist. Position 3 = Critic/Tester.

2. Step into each one in turn and remember a time you experienced that state of being. eg) Dreamer position: Maybe you've experienced this state in a brainstorm meeting. Realist position: Maybe you've experienced this state when you've planned something methodically step by step. Critic/Tester position: Remember a time you knew that someone had made a mistake and you were able to explain it to them.

3. Notice how each locations feelings are different. Is your breathing and posture different?

4. Meta Position: Step back away from the 3 positions and observe them down there. What kind of relationship do they have? What resources are available in each position?

5. What do you want to be more creative about?
6. Step into position 1 - Dreamer and just allow yourself to dream up ideas, pictures, words, sounds, smells?!

7. Step into position 2 - Realist and think about all the necessary steps and how they can be implemented.

8. Step into position 3 - Critic/Tester and evaluate your ideas/plans so far. What will work and what will not work? What do you still need to add to the plan or process? Would improvements and resources would enrich it?

9. Move through positions 1, 2, 3 again and allow the creative process to occur. Repeat as you feel necessary and with each cycle you can bring the positions closer together until they are touching each other.

10. Good, now break state.

11. Move out of the 3 positions so you can evaluate the creativity process. What new insights have you now?

Good Decisions More Often

1. Think of a bad decision you once made. Where is the image located? Where is the voice/sound located? And where do you feel any feelings associated with this bad decision?

2. Break state.

3. Think of a good decision you once made. Where is the image located? Where is the voice/sound located? And where do you feel any feelings associated with this bad decision?

4. Break state.

5. Now switch between the bad decision and the good decision and notice the sub-modality differences between the two. (Often the locations are in different places.)
6. When you have found clear distinctions between the two it will help you calibrate your decision making in the future so you make more good decisions.

Tip Of The Tongue
As taught by Dr Phil Callaghan   http://www.resourcefulchange.co.uk

1. Your trying to remember someone's name and it's on the tip of your tongue.

2. Physically grab the 'name' off your tongue and place it above and to the left.

3. Now read the name!

Program Your Timeline

1. Think of a state of mind you don't experience often and would like to more often. eg Awe/Wonder.

2. Remember a time when you experienced this state. Relive it and see what you saw, hear what you heard and feel those feelings.

3. Anchor this feeling by squeezing your finger and thumb together.

4. Imagine your timeline out in front of you with the future going off to the right, symbolising the next 7 days.

5. Ask your unconscious to visually symbolise appropriate times on the timeline when you can experience the state you choose in step 2.

6. Now trigger your anchor and walk through the symbols, noticing how they have changed.

7. Break state.
Dealing With 'Psychic Vampires'
As taught by Susanna Bellini  http://www.bronze-dragon.co.uk

1. You can do this technique with your own 'internal people' or indeed with real life people and it is effective with both.

2. Imagine the person is surrounded by a sphere or bubble. This sphere is mirrored on the INSIDE. So whatever thoughts/energy/intentions the person gives out are reflected back onto them. This is very fair if you think about it.

3. Any time you feel under 'psychic attack' you can put the people in mirror bubbles.

TOP TIP: You can also add a funnel at the top of the bubble that allows universal compassion energy to enter the 'suffering being.'

Remember Resourceful States

This little exercise can help you remember resourceful states more easily.

1. Think of a resourceful state you want to remember for an exercise.

2. What colour would you use to represent this state?

3. Float that colour onto your timeline. Allow it to settle somewhere in the past.

4. What age are you there? Now grab hold of it and bring it up to your face and allow the memory to surface.

What Is That Word?!

1. Your trying to remember a word.

2. Go through the alphabet in your mind. Start with the letter A, visualise it
and say 'A' inside your mind at the same time. Go through the alphabet and notice any feelings that indicates the word begins with that letter.

Handy Pictures
As taught by Dr Phil Callaghan  http://www.resourcefulchange.co.uk

1. Pick a situation you where you want a more resourceful attitude. You could use this technique for all kinds of things. Some examples: motivation, creativity enhancement, more fun, patience etc.

2. Choose a resource. How does that resource feel?

3. Put that feeling into your hand as an energy with colour if you wish.

4. Now make a picture in front of you of the situation you chose in Step 1. (See yourself in the picture.)

5. Next take your hand with the resource in it and put your hand THROUGH the picture.

6. Now slowly bring your hand back out of the picture allowing all that energy to absorb into the picture. Perhaps swirling your hand around if you feel that will spread the resource energy more.

7. Break state.

8. Now think of the situation you chose in Step 1 again and notice how it has changed.

Timelined Goal Setting
As taught by Dr. John M. La Tourette
http://www.mentaltrainingsecrets.com

This is a great little technique that enables you to get clarity on what steps you need to take to achieve your goal.
1. What is the outcome of the goal? When do you want to achieve it by?

2. Now walk up your timeline in the future to the point where the goal will have been completed. Look back at the present and notice what steps you need to do to get where you are now (the future.)

3. Write the sub-goals down and take pleasure in ticking them off one by one as you get closer to reaching your big goal.

Confusion To Understanding
As taught by Dr. Richard Bandler  http://www.richardbandler.com

1.a) Think of something you are confused about. b) Think of something similar that you understand.

2. Notice how the experiences are different. Compare the submodalities and notice at least two differences.

3. Now change confusion so it has the same submodalities as understanding.

4. Test: Do you now understand what was previously confusing? If not go back to step 2 and find some other differences. Keep going until you either understand or realise what information is lacking that keeps you confused.

WOW It's Your Future!
©Colin G Smith  http://www.nlptoolbox.com

1. Look at your timeline out in front of you.

2. Focus on your present and your future(s).

3. As you look at your timeline, inside your head keep repeating the word, 'wow, wow, wow....' It may begin to sound like a humming mantra and that is great!
4. Look forward to some magical 'wow' moments in your future.

Instant Inspiration
Originally called, 'The Godiva Chocolate Pattern', as taught by Eric Robbie
http://www.ericrobbie.com

1. What makes you feel really inspired? A beautiful scenery in nature? A great work of art?

2. SEE YOURSELF over there in the distance about to do the thing you want to get inspired about. eg Writing, making music.

3. Now make a small hole in the center of the picture in step 2.

4. Allow the 'inspiring' picture to open up through the hole enough so you feel drawn to it. Shrink it back down. Repeat this zooming in and out a few times very fast (less than half a second).

5. The idea is to associate the 'inspiring' feeling to the task picture you choose in step 2.

HOW ELSE COULD YOU USE THESE TECHNIQUES?
Appendix

Resourceful Words Trigger List

Words can be very powerful anchors and people's internal experience of the same word can differ vastly. I think a good example of this concept is with the use of the word; 'confidence.' This word has been over used and many people have negative associations with it. By simply using a different word, with the same meaning, we can get access to someone's positive resources. So instead of confidence we could use, self-reliance or credence.

Because we are capable of an incredibly rich variety of states of mind it can be useful to scan through the following word-list to gain a quick inspiration. Using a NLP tool what would be the difference between utilising a resource of say, "Feeling Happy" Vs. "Feeling Blissful"

POSITIVE, absolute, actual, affirmative, assured, categorical, certain, clear, clear-cut, cocksure, complete, conclusive, concrete, confident, consummate, convinced, decided, decisive, direct, downright, explicit, express, factual, firm, forceful, forcible, genuine, hard, inarguable, incontestable, incontrovertible, indisputable, indubitable, irrefutable, out-and-out, outright, perfect, rank, real, specific, sure, thorough, thoroughgoing, unambiguous, undeniable, unequivocal, unmistakable, unmitigated, affirmative, beneficial, constructive, effective, efficacious, forward-looking, good, practical, productive, progressive, reasonable, sound, useful

CONFIDENCE, assurance, belief, credence, dependence, faith, reliance, stock, store, sure bet, trust, aplomb, assurance, backbone, boldness, brashness, certainty, cool, courage, daring, dash, determination, fearlessness, firmness, fortitude, grit, heart, impudence, intrepidity, mettle, morale, pluck, poise, presumption, reliance, resoluteness, resolution, self-possession, self-reliance, spirit, spunk, sureness, tenacity, élan
RELAXED, airy, animated, blithe, buoyant, carefree, casual, cheerful, debonair, easy, easy-going, effervescent, informal, jaunty, light, lively, low-pressure, peppy, racy, light-hearted, sparkling, spicy, spirited, sprightly, sunny, unconstrained, vivacious, aloof, amiable, amicable, civil, collected, cool-headed, detached, disinterested, dispassionate, equable, gentle, impassive, imperturbable, kind, laid back, level-headed, listless, moderate, neutral, patient, placid, pleased, poised, composed, restful, satisfied, sedate, self-possessed, serene, still, temperate, unconcerned, undisturbed, unemotional, unexcitable, unexcited, unflappable, unimpressed, unmoved, unruffled, untroubled

MOTIVATED, affective, arousing, awakening, breathless, dynamic, eloquent, emotional, emotive, exciting, expressive, facund, grabbed by, gripping, impelling, impressive, inspirational, inspiring, meaningful, motivating, persuasive, poignant, propelling, provoking, quickening, rallying, rousing, sententious, significant, stimulating, stimulative, stirring, stunning, touching

COMPELLED, apprenticed, bent, bounden, certain, coerced, compelled, constrained, contracted, destined, doomed, driven, duty-bound, enslaved, fated, firm, forced, impelled, indentured, intent, made, necessitated, obligated, obliged, pledged, pressed, required, restrained, sure, under compulsion, under necessity, urged

COMPASSION, benevolence, charity, clemency, commiseration, compunction, condolence, consideration, empathy, grace, heart, humaneness, humanity, kindness, lenity, mercy, soft-heartedness, softness, sorrow, sympathy, tenderheartedness, tenderness, yearning, altruism, amity, comity, compassion, feeling, friendliness, friendship, generosity, gift, good will, goodness, humanity, kind-heartedness, kindness, sympathy

EXCITED, aflame, agitated, animated, annoyed, aroused, awakened, beside oneself, charged, delighted, discomposed, disconcerted, disturbed, eager, enthusiastic, feverish, fired up, frantic, high, hopped up, horny, hot, hyper, hysterical, inflamed, inspired, juiced up, jumpy, keyed up, moved, on fire, passionate, piqued, roused, steamed up, stimulated, stirred, thrilled, tumultuous, wild, worked up

HAPPY, blessed, blest, blissful, blithe, can't complain, captivated,
cheerful, chipper, chirpy, content, contented, convivial, delighted, ecstatic, elated, exultant, flying high, gay, glad, gleeful, gratified, hopped up, intoxicated, jolly, joyful, joyous, jubilant, laughing, light, lively, looking good, merry, mirthful, overjoyed, peaceful, peppy, perky, playful, pleasant, pleased, satisfied, sparkling, sunny, thrilled, tickled, tickled pink, up, upbeat, accidental, advantageous, appropriate, apt, auspicious, befitting, casual, convenient, correct, effective, efficacious, enviable, favorable, felicitous, fitting, fortunate, incidental, just, lucky, nice, opportune, promising, proper, propitious, providential, right, satisfactory, seasonable, successful, suitable

OUTGOING, approachable, civil, communicative, cordial, easy, expansive, extrovert, extroverted, friendly, genial, gregarious, informal, kind, open, sociable, sympathetic, unconstrained, unreserved, unrestrained, warm

INTELLIGENT, able, acute, alert, alive, all there, apt, astute, brainy, bright, brilliant, calculating, capable, clever, comprehending, creative, deep, discerning, enlightened, exceptional, highbrow, imaginative, ingenious, instructed, inventive, keen, knowing, knowledgeable, original, perceptive, perspicacious, profound, quick, quick-witted, rational, ready, reasonable, resourceful, responsible, sage, sharp, smart, thinking, together, understanding, well-informed, whiz, wise, witty, able, adept, adequate, adroit, alert, bright, capable, cleft, competent, cunning, dexterous, easy, effortless, endowed, equipped, facile, fitted, good, knowing, powerful, qualified, ready, smart, strong, worthy

CURIous, analytical, disquisitive, examining, impertinent, inquiring, inquisitive, inquisiturious, inspecting, interested, interfering, intrusive, investigative, questioning, scrutinizing, searching

LOVE, admire, adulate, canonize, care for, cherish, choose, deify, delight in, dote on, esteem, exalt, fall for, fancy, flip over, glorify, go for, gone on, hold dear, hold high, idolize, like, long for, prefer, prize, thrive with, treasure, venerate, wild for, worship

PERSISTENCE, backbone, decidedness, decisiveness, determination, doggedness, earnestness, firmness, fortitude, grit, iron will, obstinacy, obstinacy, perseverance, pluck, purpose, purposefulness, purposiveness, resoluteness, resolution, resolve, seriousness, stubbornness, volition, will
power, application, balls, chutzpah, clock, courage, determination, guts, gutsiness, guttiness, heart, inflexibility, intestinal fortitude, intransigence, moxie, nerve, obduracy, perseverance, pertinacity, resoluteness, resolution, resolve, spunk, starch, staunchness, steadfastness, stick-to-itiveness, stomach, true grit, willfulness

SECURE, adjusted, anchored, bound, buttoned down, buttoned up, fast, firm, fixed, fortified, immovable, iron, locked, nailed, set, solid, sound, stable, staunch, steady, strong, sure, tenacious, tight

CONTENTED, at ease, at peace, cheerful, comfortable, complacent, content, glad, gratified, pleased, satisfied, serene, thankful, blissful, content, contented, endowed, favored, fortunate, glad, granted, joyful, joyous, lucky, airy, animated, blithe, bouncy, bright, bucked, buoyant, cheery, chipper, chirpy, effervescent, enlivening, enthusiastic, gay, glad, gladsome, good-humored, good-natured, hearty, high, hilarious, hopeful, jaunty, jocund, jolly, joyful, light-hearted, lively, merry, optimistic, peppy, perky, pleasant, roseate, rosy, snappy, sparkling, sprightly, sunny, up, upbeat, vivacious, winsome, zappy, zingy, zippy

CREATIVE, artistic, clever, cool, demiurgic, deviceful, fertile, formative, gifted, hep, hip, ingenious, innovational, innovative, innovatory, inspired, inventive, original, originative, productive, prolific, stimulating, visionary, way out, imaginative

DRIVEN, aggressive, anxious, ardent, aspiring, avid, ballsy, bent upon, climbing, come on, designing, desirous, determined, driving, eager, eager beaver, earnest, energetic, enterprising, enthusiastic, fireball, goal-oriented, hard ball, high-reaching, hopeful, hungry, industrious, inspired, intent, longing, power-loving, purposeful, pushing, pushy, resourceful, self-starting, sharp, soaring, spark plug, striving, thirsty, vaulting, zealous

PASSION, bug, craving, craze, drive, enthusiasm, fad, fancy, fascination, idol, infatuation, jazz, mania, obsession, appetite, ardor, aspiration, avidity, craving, desire, drive, eagerness, earnestness, emulation, energy, enterprise, enthusiasm, hankering, hope, hunger, initiative, itch, keenness, longing, love, lust, moxie, push, right stuff, spirit, striving, thirst, vigor, yearning, zeal

CONVICTION, confidence, creed, doctrine, dogma, eye, faith, feeling,
judgment call, mind, opinion, persuasion, principle, reliance, say so, sentiment, slant, tenet, view, assurance, assuredness, certainty, certitude, condemnation, condemning, confidence, determining guilt, earnestness, fall, fervor, firmness, rap, reliance, sureness, surety, unfavorable verdict, authoritativeness, belief, certitude, cinch, confidence, conviction, credence, definiteness, dogmatism, faith, firmness, indubitableness, inevitability, lock, lockup, positiveness, positivism, setup, shoo-in, staunchness, steadiness, stock, store, sure bet, sure thing, surefire, sureness, surety, trust, validity, wrap-up

HUMOROUS, amusing, boffo, camp, campy, comic, comical, droll, entertaining, facetious, farcical, for grins, hilarious, jocose, jocular, jokey, joshing, laughable, ludicrous, merry, playful, pleasant, priceless, ribald, screaming, side-splitting, waggish, whimsical, witty, absurd, crazy shtick, dippy, diverting, dizzy, flaky, fool, fool around, fool-headed, freaky, funny, gelastic, goofus, goofy, gump, humorous, ironic, jerky, jocular, joking, laughable, light, loony, ludicrous, Mickey Mouse, nutty, priceless, ridiculous, risible, screwy, side-splitting, silly, wacky

An online thesaurus is useful for finding more words, try:

(http://thesaurus.reference.com/)
Acknowledgements

I must first of all acknowledge the co-creators of NLP: Richard Bandler and John Grinder. I discovered NLP through the classic NLP books such as 'Frogs Into Princes' which were edited by Steve & Connirae Andreas.

I have attended trainings by Richard Bandler, Paul Mckenna, Michael Breen, Dr. John M. La Tourrette and Eric Robbie, Johnathan Altfeld, Doug O'Brien.

Most of my continued learnings come from one of the best training organisations in the UK: Bronze Dragon International Training. Susanna Bellini, Phillip Callaghan and Dirk Bansch are exceptional trainers. They are friendly, approachable and the value of their trainings is excellent.

Be sure to check-out the Bronze-Dragon website for some of the most unique and empowering trainings/products available:

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Dr Richard Bandler http://www.richardbandler.com/('Using your brain for a change', 'Persuasion Engineering', 'Frogs into princes', 'Time for a change', and his trainings.)

Susanna Bellini & Dirk Bansch http://www.bronze-dragon.com (Trainings in NLP, Reiki, Silva Method, Huna, Magick & ShamaniX®)

Dr. John M. La Tourrette http://www.mentaltrainingsecrets.com/(Trainings in NLP, Huna, Energy Medicine, Silva Method, Magick, Advanced Martial Arts....)

Steve Andreas & Connirae Andreas http://www.steveandreas.com/('Heart of the mind', 'Change your mind & keep the change', 'Transforming yourself')


Paul Mckenna http://www.paulmckenna.com/('Positivity' CDs, 'Change your life in 7 days', and his trainings in NLP, Hypnosis.)

Michael Breen http://www.mbnlp.com/(Trainings in NLP, Hypnosis)


Robert Dilts http://www.nlpu.com/(NLP University website)

Dr. Phillip Callaghan http://www.resourcefulchange.co.uk/

L. Michael Hall, PHD http://www.neurosemantics.com
Anthony Robbins http://www.anthonyrobbins.com/ ('Awaken the giant within', 'Giant steps', 'Notes to a friend')

Phil Farber http://www.members.aol.com/pstuart ('Future Ritual', Magick, Hypnosis, NLP)
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