

Setting up an anchor

The anchor should be established simply by asking the client to close their eyes and imagine, in a way which is right for them. It is crucial to get the right anchor. Aim for client to be anchored to a state where they have felt confident, in control and able to deal with things. It has to be a strong memory, and a strong feeling.

You can read the script, if you wish, but it will feel more natural if you can have a clear idea of what you want to say and be able to set up an anchor in a more responsive, natural way.

You might find it helpful to watch the YouTube video I made on how to set up an anchor.

What we are going to do now is to give you a very powerful tool which you can use at any time following the session to really help give you some time out, to regain control of your thoughts, and to help you immediately access a state of being which is useful to you when you're facing your difficult situation. If you can imagine a ship's anchor, for a moment, you can be aware that when a ship is anchored, it stays where it is supposed to be – even when the storms are raging around it. In much the same way, we are going to create a tool which will anchor you to the state that you would like to be in – so that you can access it and focus on it, even when difficult things are happening around you.

I would like you to recall a time when you've felt confident, and able to cope well – perhaps a time when you've achieved something which has meant a lot to you? [You need to ensure you get an anchor which is associated with a good, powerful feeling – examples I have had include the feeling of satisfaction when the washing is hung out and organized, the feeling of pride with organizing a school play, the feeling of confidence after doing well at a job interview].

Having led your client into a deeply relaxed state, eyes closed:

1) Now, just remember that time when you felt confident, relaxed and capable [feed back the specific emotions your client told you about]. Visualise that time as a photo – a snapshot – with you in it...just imagine it in whatever way is right for you...allow the colours to become more vivid...and now hearing what's going on in that scene...and looking at what's going on...the scene playing out like a movie now...and now you're stepping into that movie...experiencing those amazing feelings of confidence that you felt on that occasion...feeling really good about yourself...enjoying reliving this moment...and at this point in time...this is the most

important thing...just allow yourself to relive these great feelings...feeling so good about yourself... feel where these feelings are in your body...allow them to grow bigger and bigger...until they fill you up...so big that they could almost burst...

2) And now...when that wonderful memory of that experience...is so big...that it fills you up...I want you to squeeze together your thumb and middle finger on whatever hand feels right...and say a word...either out loud...or in your head...which sums up that wonderful moment...squeezing firmly...locking that wonderful memory in place...holding onto that experience...[give them plenty time to really lock this into place]

3) And now...just releasing your fingers...breathing out from that memory...releasing from that experience...

4) Repeat the process.

5) And from now on...I'll refer to this as your anchor...and we will use this during our session today...and you can also use it at any time during your normal life...and the more you use it...the more powerful it will become...

6) And now if you just want to open your eyes...fully refreshed...