

COLLAPSING ANCHORS

Collapsing anchors is the procedure by which two anchors for two incompatible responses are triggered at the same time. The more powerful (stronger) of the two anchors will dominate, resulting in the extinction of the weaker anchor. For example: an anchor for a strong, resourceful state is set kinesthetically on the person's right hand. An anchor for a unresourceful state is set kinesthetically on the person's left hand. It is important that the resourceful anchor be the stronger of the two anchors. Both spots will result in the collapsing of the unuseful associations and the elimination of the unresourceful feelings.

GUIDELINES FOR COLLAPSING ANCHORS:

1. RRR
2. Set the Frame
3. Decide on which unresourceful state is to be collapsed (disassociate)
4. Decide on which resources are needed.
5. Anchor resources, make sure the person is Fully Associated, has high intensity of the state and congruency.
6. Anchor the unresourceful state that they have experienced in the past. (Associated)
7. Fire both anchors at the same time until they peak and the disintegration is complete.
8. Release the site of the unresourceful anchor.
9. Hold the resourceful anchor until you have calibrated a change and then release.
10. Test.
11. Future Pace.