**NLP Resource Anchor Script**

So we want to make sure that you have your knuckle accessible. You don't have to visibly hold it up if you choose not to, but just have it ready with your finger hovering above the knuckle to press down the moment you feel that come up inside your body.

So we're going to anchor the state of \_\_\_ADD DESIRED STATE (example: peace and calm)\_\_\_\_\_. And what I'm going to ask is, can you remember a time that you were totally \_\_\_ADD DESIRED STATE\_\_\_? Do you remember a specific time? As you go back to that time now, see what you saw, hear what you heard, and feel the feelings of being totally \_\_\_ADD DESIRED STATE\_\_\_, and when you feel it in your body touch your finger to your knuckle and press down.

Now take your anchor off. I'm going to do it again. Can you remember a time, another time, or the same time that you felt totally \_\_\_ADD DESIRED STATE\_\_\_.

As you go back to that time now, see what you saw, Hear what you heard, and feel those feelings of being totally peaceful, totally calm. See what you saw. Hear what you heard. Feel what you felt being totally \_\_\_ADD DESIRED STATE\_\_\_. Good. And remember, your as you feel it, you are pressing your anchor down and taking it off.

We'll do it one more time. Can you remember a time? Can you remember another time or that same time where you felt totally \_\_\_ADD DESIRED STATE\_\_\_. As you go back to that time now, see what you saw. Hear what you heard. Feel those feelings of being totally \_\_\_ADD DESIRED STATE\_\_\_, totally \_\_\_ADD DESIRED STATE\_\_\_. See what you saw. Hear what you heard, and feel those feelings, totally \_\_\_ADD DESIRED STATE\_\_\_. Good, touch your knuckle when you feel \_\_\_ADD DESIRED STATE\_\_\_ in your body and then release.

***(Break State - And then we break stake. There are lots of things you could do. You could swish your hands; you could blink a few times. You could comment on something that you notice in your room or your surroundings, and then we'll test it.) Example of breaking state:***

***How was that?***

So next let’s test the resource anchor. Press your finger down on your knuckle and see what happens. Notice the change, what comes over you.