

# Collapsing Negative Anchors

Here is a technique for collapsing a negative anchor (neural association). Do you ever have times when you think of something and you wither a little inside? Could be something you said or did, or an experience on stage that was really scary. First, if it's with someone else, clean it up with the person by completing with them - we often make someone wrong so we can make ourselves right. Let it go and say sorry we rowed and leave it at that if you like. It is easier than you think and you feel so much better afterwards. Give up being right - you'll just end up annoying someone - I speak with some authority and experience here!

Now we'll neutralise that physical feeling. It works better if the physical action are at the same (or thereabouts) strength - so if squeezing use same pressure throughout. Read the instructions **before** commencing

**1 Recall a memory or feeling that was an intensely positive experience.**

Visualise that very positive experience. What does it look like? What can you feel, hear, smell? Emphasize it - make the colours and sounds more vivid! Make the picture bigger - swell the feelings. Get into a peak state. (very important)

**2 Create a Positive Anchor by squeezing the right knee. Hold for 5 - 10 secs.**

This could be any physical action that can be replicated - but the knees work really well.

**3 Break state. Stretch - shrug shoulders. Test. If positive state doesn't happen, re-set.**

Make sure to break state after testing. It's very important to test - you must be certain that the anchor has taken.

**4 Now think of the negative feeling or state you want to neutralise.**

Visualise that negative experience. What does it look like? What can you feel, hear, smell? Emphasize it - accentuate the feelings and image until at peak state. (as with the positive)

**5 Anchor negative feeling into opposite (left) knee - holding for 5 - 10 secs.**

**6 Break state - stretch, shrug etc.**

**7 Test. Then break state again.**

**8 Trigger negative anchor by squeezing left knee. While holding the negative anchor fire the positive anchor** and after about 10 secs (and your feelings going a bit haywire) release the negative anchor until all is calm (a few secs) and **then release the positive anchor.**

**9 Break state**

**10 Think about the negative experience. What has changed? How do you feel different?**

If there is still an intense negative association with the memory, repeat process.

There you have an NLP process called collapsing anchors. You can use this for any negative emotion or experience from business to personal relationships. Enjoy!