

## Reverse Fractionation Technique Karen Hand

### Outcome Specification Questions:

1. What do you want? (Positive, controlled by client, specific sensory based, small chunk size)
  2. What specifically will that do for you?
  3. What stops you from having this already?
  4. How will you know when you have it?
  5. Where, when and with whom do you want it? (Sensory based and ecological)
  6. How will this affect other aspects or people in your life?
  7. What resources do you already have that will help you obtain your outcome?
  8. What additional resources do you need to obtain it?
  9. How are you going to get there?  
First (smallest) step you can take now – Be specific and achievable.
  10. Is there more than one way to get there?
- 

### BREAK THE EXISTING TRANCE REVERSE FRACTIONATION QUESTIONS

**How do you know?** (You are craving, fearful, anxious, unhappy, etc.?)

**How do you know when to stop feeling the \_\_\_\_\_?** (craving, fear, stress, limiting belief, etc.)

**When you're not having this limiting belief, what are you instead?** (Feeling, Doing, Hearing, Thinking, etc.)

**How has this SKILL helped you?** (All behaviors have a positive intent)

**How long (how often) have you been using this skill?**

**Congratulate the younger version of yourself for a suggestion that worked well enough to get you this far!** (Recognize how amazing it is to remember to do it every single time you encounter the issue.)

**Thank that younger you for the good decisions made along the way.** (Such as avoiding drug addiction, prostitution, jail – or - leaving an abuser, getting a college degree, etc.)

**Give that younger you the advantage of your wisdom and your love and acceptance.**

**Lovingly offer options to the younger you for ways to achieve the desired benefit/outcome.**

---

### Break state questions that also elicit personal trance words:

- What do you need in a job for it to be enjoyable?
- How do you know you've done a good job?
- What makes a friendship/relationship meaningful?
- What's your hobby? What attracts you to that hobby?
- What's the most relaxing place you can think of?