

TECHNIQUES TO CONSIDER

SIMPLE REFRAME OR SUB-MODALITY SHIFT

What happens when you _____
Move it farther away?
Take the color out of it?
See it/annoying person as a funny character or cartoon?
Turn it down...or up...or make it slower...or play it backwards?
Move that feeling to a different location...or out of your body/mind?

METAPHOR OR GUIDED VISUALIZATION

Personal Trance CURIOSITY will clue you into their preferences
Use the client's words and model of the world
Story-telling can automatically relax and open the mind to child-like wonder

REGRESSION-TO-CAUSE – When the client:

- Regresses physiologically or verbally
- Knows exactly where/when it started
- Emotion/reaction is out of proportion to the event/stimulus

BORROW BENEFITS

Regression to RESOURCES
The client has a model of excellence to follow
Ridiculous example offers guidance that seems too easy to resist

FORGIVENESS OF SELF OR OTHERS – (Forgiving – NOT forgetting)

Letting go
Cutting the Cord
Eliminating Rumination

REWRITE PERSONAL HISTORY

- Informed Inner Child Work
- Mistaken early-childhood perception
- Reconnection with true (perfect) self
- Gifting benefits to an offender that would have changed the outcome

DISSOCIATED EXPERIENCE –

Quantum Fusion – ideas taken outside of the body/mind for observation
Timeline observation from above

For more information on these techniques, contact Karen@KarenHand.com