

ANCHORING

Anchoring is process of learning to hold on to the states that are crucial to success.

An anchor is a stimulus: It may be a sound, an image, a touch, a smell, or a taste that triggers a consistent response in ourselves or someone else.

The ability to use anchors in NLP enables us to:
Access the resources (feelings and states) that we want when we want them.

Replace unwanted feelings and thoughts with desirable ones.

Gain control over our emotions.

Keep on course when going through periods of intense change.

Positively influence the response we trigger in other people.

Experience the day as we want, no matter what is happening in our life.

PROCEDURE FOR ANCHORING A RESOURCEFUL STATE IN YOURSELF:

- Choose a place that is free from distraction.
- Decide on a state | feeling that you have experienced in your life that you would like to be able to access when you choose.

TYPES OF ANCHORS

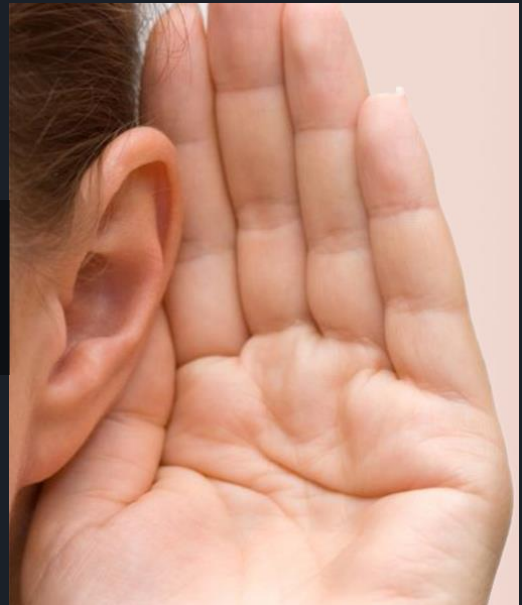
NLP anchoring uses a memory; it may be a sound, an image, a touch, smell or a taste to trigger a consistent experience in you or someone else.

We majorly uses Visual, Auditory & Kinesthetic



VISUAL ANCHOR
SEE

AUDITORY ANCHOR
LISTEN



KINESTHETIC ANCHOR
FEEL / TOUCH

- Choose an anchor that you can use whenever you want to access this feeling.
- Now recall the memory of a time when this feeling was at its strongest for you. Get associated with the experience. Pay attention to what you see, color, brightness, notice the quality. What do you hear? Is it loud or quiet? Location of the sound? Allow yourself to experience the feelings. When associate completely, set the anchor.
- Repeat this process several times until you know that there is strong connection between the touch and the feelings.
- Test the anchor.
- What happens? If you have set up the anchor effectively you will recall the scene, the sound and the feelings of the memory. If this doesn't happen, keep practicing.
- Now think of a future situation where you would like to have the feelings you have anchored. This time imagine the situation in the future, fire ate anchor. What do you see, hear, and feel now? When you do it successfully you are transferring you desired feelings, your resourceful state, to another and in this case future context.