

## Resource Anchoring

This is a generic process for creating and summoning any resourceful state of physiology at will. What follows is how to set anchors.

1. Identify a difficult situation in which you would like to be more resourceful.
2. Identify the resource you want in this situation (e.g. confidence, humour, courage etc.) and your **best** example of having experienced the desired state from your own life, **a situation unrelated to the difficult situation**. If you have no such memories, identify someone else who has the desired quality, either in real life or as a fictional character.
3. Access your chosen resource memory fully associated with what you can see, hear, smell, taste and feel, until the desired feeling is experienced.

**Break state. Come back into the room, count windows in room or pay attention to a picture on the wall etc.**

4. Choose **three** 'anchors' that will become connected, or associated to the resource.

**Visual:** find a visual image that evokes the feeling of confidence, i.e. the scene when you did feel confident or if you do not have one use a symbolic image of your choice.

**Auditory:** find a word or phrase and tonality, which you can say to yourself that will evoke the feeling, e.g. "I am feeling confident"!

**Kinaesthetic:** make a gesture, e.g. clench a fist, squeeze finger and thumb etc.

5. Re-access your chosen resource memory as in step 3. As the desired feeling is increasing connect all your anchors, before it reaches its peak.

**Break state.**

6. Repeat step 5 a few times. Then test, by simply firing the anchors and noticing how much the desired resource is felt. **It is important during the test to not actively try to bring back the resource memory itself, but to simply fire the anchors and notice what happens.** If necessary repeat step 6 again.
7. Finally, decide what would let you know it would be time to fire the anchor(s). You may like to think of a time in the future when you would have had the old response and rehearse what happens when you associate into the future event and then fire your anchor(s).

**With thanks to Della Menday**