

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).

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