

SLIDING ANCHORS

When you slide an anchor you can both increase its intensity and give it a direction too. For example:

Kinaesthetic slides can be activated by repeatedly eliciting a state and sliding your finger further and further along the skin as you do so. You can also do this by turning a static anchor on a knuckle into a sliding anchor by increasing the pressure you use...the more pressure, the stronger the state.

Visual slides can be activated by using hand gestures. You can exaggerate the gesture in the air to increase the intensity and minimise it to reduce the intensity. You can also use head tilts and self touch gestures (e.g. stroking an eyebrow, touching your ear etc). Interestingly, you can set a kinaesthetic anchor on one person (e.g. slide on the arm) which becomes a visual anchor for someone else who is watching whilst going into the same state too!

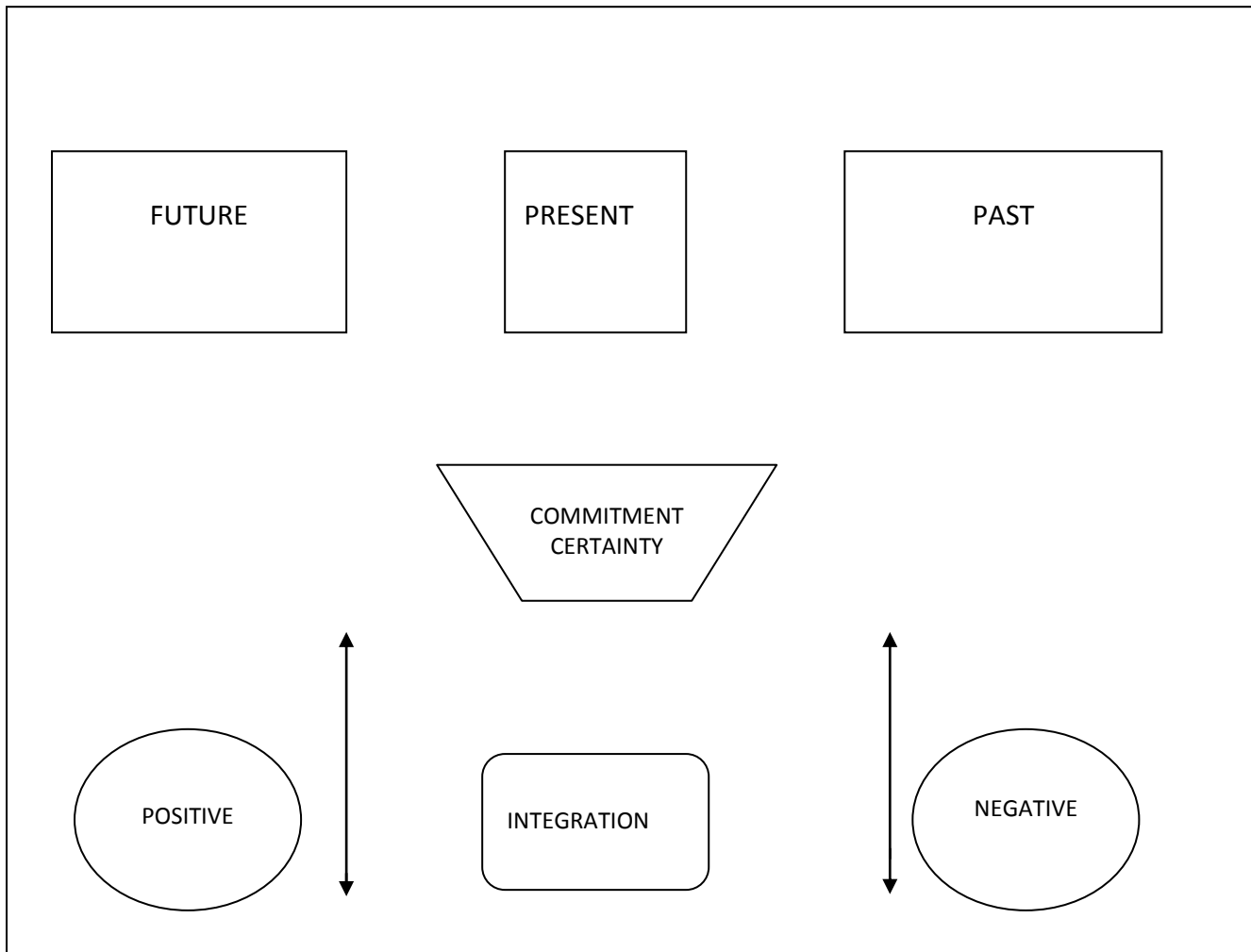
Auditory slides are activated by using voice tones and increasing or decreasing the pitch accordingly. You can cultivate all sorts of mmmm's and aaahhhss to do this. You can also use noises like a dentist's drill to anchor and slide negative states if you want. The way you say a word and squeeze out the meaning also acts as a slide...e.g. relaaaaaaaaxxxxxx....For those of you who use hypnosis, when you slow down and deepen your voice this is a sliding anchor for inducing a deeper trance. During the next trance induction your client will go deeper earlier when you speak this way. It is very useful to be able to fractionate in and out of states in this fashion.

You can also **anchor to various objects** that you use on a day-to-day basis at work, home or at leisure. Pens, pencils, cups and mugs plus notepads and anything else on your desk or in the vicinity can all be used. I often anchor pictures and feelings to my prescription pad and then slide them towards or away from my patient...or even change the location (from in front to the side or behind etc). You can also slide anchors by using a tapping rhythm with a pen or pencil...increasing the rate of tapping as you increase the state.

Anchor mapping is also a useful habit to get into. You make your own map of anchors you are going to use and project them visually in your mind's eye into the space around you (see diagram). When you are in rapport with a client you can do much covert change-work using anchors in this fashion. At the very least you will have set in train the beginnings of a pathway of intervention which you can further develop with a more formal, overt process (e.g. specific anchoring technique, hypnosis etc). When you practice this material you may even find that you can do a collapse anchors process entirely in the visual system...simply by using your own gestures.

ANCHOR MAPS

Imagine the following map placed between you and your patient's face and body



Find out more about using anchors in **Consulting with NLP** and **Changing with NLP**