



PEAK POWER HYPNOSIS

THE NLP SWISH PATTERN

STEP ONE: Think of the situation where you have the unwanted behaviour and instead decide how you would like to be in this situation. Close your eyes and picture the new way clearly in your mind. (Make sure that when you picture it, the image is bright, bold, colourful, big and most importantly make the picture of you being resourceful in the situation)

Example: *calm when your boss talks to you, calm when the kids have made a big mess.*

STEP TWO: Open your eyes and clear your mind (break state):

Example: *Think of something else, a car, a melon, etc and shake off any feelings*

STEP THREE: Close your eyes and imagine being in the situation you want to change. (Picture it clearly from your point of view, see what you would see if you were there, hear what you would hear and feel the way you feel when you are in that situation.

STEP FOUR: Then imagine the first picture of you (the way you want to be) very small and in the bottom corner of the situation you are imagining that you want to change. **Very quickly** make the smaller image (of how you want to be), expand so that it covers the image/picture of the way you currently are (from your point of view). Switch from seeing things as they were when you were in the situation to the way you want them to be.

STEP FIVE: Open your eyes.

STEP SIX: Repeat steps four and five 10 times (take no longer than 30 seconds)

STEP SEVEN: Think about how differently you will be in the situation now.

Next repeat all the steps twice more with two other similar situations. It will take you less than five minutes to do it three times. Do it now and see how well it works. Pick something that you can test, a situation you will be in today or tomorrow. You are saying to your mind '*not this... this instead*'. You are planning to behave in a new way when you are in an old situation.

Do it now because it won't work unless you do! Find one area of your life that you want more happiness and less stress, because I have never met anyone who said that there isn't room for more happiness and less stress in their life! Do it now. Invest five minutes of your life in creating more happiness.



The Swish Pattern was created by Dr Richard Bandler.