

NLP Thigh Reframing and Anchoring Technique

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"I use this NLP technique when a client's SUDs level isn't decreasing significantly. Sometimes a client will report that there are no new tapable issues or thoughts but they still have the emotion. Often I will give this technique a try."

1. The practitioner says: "Focus on the issue. Close your eyes during the entire process. Place both your arms on the arm rest or by your sides."
2. The practitioner asks for the SUDs level
3. The practitioner says: "Think of the issue. What is the emotion you feel about it? Feel that emotion. Stand in the middle of the emotion, don't push it away, don't reject it, it won't hurt you. Completely embrace the feeling and when you feel the emotion intensely, say yes."
4. When the client says "yes" the practitioner says: "Place your right hand on your right thigh and stay with the feeling."

The practitioner counts to 10 silently, then says "Remove your right hand and put it back on the arm rest."

5. Then the practitioner says: "Turn away from your issue completely, just drop it. Now, think of a moment in your life when you felt content, happy or carefree. Relive that moment, feel all the good feelings you felt then and allow those good feelings to permeate your body. Say yes, when you are feeling those good emotions intensely."
6. After the client says "yes" the practitioner says: "Put your left hand on your left thigh, and anchor those good feelings into your body, mind and spirit. Continue to focus on that happy moment and intensify those good feelings".

The practitioner then counts to 10 and then says "Remove your left hand from your left thigh and put it back on the arm rest."

7. The practitioner says: "Now, think about nothing. Clear your mind of all thought. Go blank. If that is difficult, then focus on the air coming in and out in your nostrils. Place both hands on both thighs, we are now going to collapse this issue."

The practitioner counts to 10 and says: "Remove your right hand and put it back on the arm rest."

8. The practitioner counts to five and says: "Remove your left hand and put it back on the arm rest."
9. Re-evaluate the client's SUDS level. Often the SUDs drops three or more points. If it does drop, continue using this technique until you get a zero. If it doesn't, do Reversals.

