

NLP FAST FEAR RELEASE

Imagine you are sitting in a cinema, you are the only one in the cinema and in front of you is a blank screen. See yourself sitting there in the middle of the cinema, waiting for the show to begin. In this cinema you are perfectly safe and comfortable. You can safely watch any movie depicting a past experience in your life.

Now, imagine floating out of your body and slowly drift up to the projection box behind you. From there inside the projection box you can see the screen and you can see yourself sitting down there in the seat in the middle of the cinema.

Now, look at the screen from the projection room and a snapshot of your phobic experience appears upon the screen.

When you are ready the snapshot on the screen turns into a movie that begins to play slowly. This is a black and white movie. Watch it play from the beginning up to just past the end of that traumatic experience. You feel completely safe knowing that if you feel distressed you can stop the movie immediately. You are in complete control!

Now, go back to the beginning of the short movie and play it a bit longer this time. Keep replaying the movie until you can see yourself watching the whole movie all the way through.

Terrific, well done! Now, when you get to the end, I want you to stop the movie and then run the movie backwards as fast as you can from the end to the beginning. You will see everything happen in reverse, people will walk backwards, animals and objects will move backwards, any voices will be gibberish. Run

the movie back to the start just as fast as you can over a period of just a few seconds.

Repeat the movie (slowly forwards and fast backwards) again and again until client feels completely comfortable thinking about the phobic situation.

If client is still uncomfortable, then try running the movie slowly forwards but this time add ridiculous squeaky voices and funny faces to the people, add crazy music to the soundtrack. Do what you can to make it funny and bizarre.