

Slingshot For Cravings

First, ask client to describe something that she craves - in detail. Write down her description so you can use it in the first paragraph below.

Paint a compelling image of the food and go deep into describing how it might taste...for example, for ice cream: “imagine how great it would feel to have that soft, creamy, cold ice cream melt over your tongue...taste the wonderful feeling of that sweet chocolate...” etc. etc.

Close your eyes and imagine something you have been craving. And I'd like you to imagine it right in front of you and just notice it. Notice the color, notice the texture. It's so close you could touch it. Pick it up, bring it your nose, take a deep breath. Notice how appealing it is, how much you would just *love* to bite into this, notice that you are just craving that feeling on your tongue, in your mouth.

And as it's here right in front of you, on the count of three, follow my instructions.

One, two, three – Now...turn that ice cream solid dull black. Notice the color now. It's a dull black color. Is it appealing? Do you want to put this in your mouth now? yuck.

Now...on the count of three, follow my instructions. Take the black ice cream and flatten it and put it on a big poster board like a big black and white photograph. As you look at it, would you like to bite into the ice cream now? Is it appealing to you?

Now in a moment I want you to shrink that poster board down to the size of a little postage stamp. Ready? One, two and three. And now look at that tiny image right there on that little postage stamp. Would you like to bite into it? Do you want to put it in your mouth? Do you want to taste it? Ooh, probably not.

Right next to you, notice there's a very large slingshot. It's an amazing super powered magical slingshot. And right next to that slingshot is a big marble. Pick up the marble in one hand, and with the other pick up the postage stamp with the image and put on the marble. Rub it well with your fingers so it stays there - so it's really stuck there.

And now, pick up that slingshot in one of your hands, place the marble inside the elastic of the slingshot and I want you to turn around and look in the opposite direction and now aim this slingshot way, way up into the universe.

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You're doing great. In a moment, I'm going to count from one to five and you're going to pull back on that elastic using *all of your muscles* and *all your might* and you're going to send this marble *way* up into the universe.

So get ready, I'm going to count now. One, pulling that elastic back really hard. Two, using *even more* of your muscles. Three, *all of your strength*. Four, *really pulling back*. Five, let it go! – whoosh! -- watch as it goes all the way up to the sky.

Keep your eye on it. Just keep looking and looking as it goes higher and higher, higher and higher, it's getting tinier and tinier, tinier and tinier, and when it disappears out of the horizon of your mind, open your eyes and come on back into the room. Good.

Talk with your client about her experience. Ask her open ended questions.

Please close your eyes, take a deep breath and follow my instructions again. One, two, three. Try to get that image back up in front of you and notice what you notice.

Repeat from the beginning if she gets a clear image of ice cream.