

Client _____

Date _____

What would you like to experience today (may be a positive/productive/pleasurable/desired thought/belief, feeling/emotion, physical sensation or response/behavior)?

Elicit +Internal Representation VAK

Where/When/How (& Who with) would you experience it?

Make distinctions

Focus on the Desired Experience now & describe what representation or picture/visual would best represent this experience (may include thoughts/beliefs, feelings/emotions, physical sensations or responses/behaviors)?

Elicit VAKOG of-Int. Rep.

Deep Breath/Clear

What would be the best part of this for *you*?

Elicit Driver VAK

Deep Breath/Mag/Amp K

Optional: What would make it even better?

Elicit/Mag/Amp -VAK

Deep Breath/Mag/Amp +K

Now, focus on the experience again, & tell me what empowering thought or belief, if any, you'd have about *yourself* or the experience?

Elicit Supportive Belief/Lang.

Optional: What do you think this would mean about *you* as a person now?

Elicit +I statement about Self

Deep Breath/Mag/Amp K

When you focus on this experience now & the empowering thought/belief you have about yourself/the experience, what feeling/emotion(s) do you experience?

Elicit +State

On a scale of 0 to +5, how pleasurable is this for you *right now*?

Q of L: 0 1 2 3 4 5+

What could make this even more of a pleasurable feeling/emotion for you now?

What physical sensation(s), if any, would/have you experienced as a result of this?

Elicit +K

On a scale of 0 to +5, how pleasurable is this for you *right now*? Q of L: 0 1 2 3 4 5+

What could make this even more of a pleasurable sensation for you now?

What physical sensation(s), if any, are you *currently* experiencing?

Elicit PS K

Q of L: 0 1 2 3 4 5+

What positive/pleasurable/productive response, behavior or actions could this lead you to in the future?

Elicit +Behavior/Actions

What positive effect could/would this have on you/*your life*? +Effect/Consequences

What learnings/understanding, about *yourself/your life*, would you think you'd achieve from having had this experience?

Identify +Learnings/Meaning

Having added this experience to your life, what do you think this signifies/means about what you value/want now or want more of/find of importance in your life in the future?

Identify SignalValue/
+Intent Meaning

Now, knowing what value or significance this experience holds for you, what symbol, word, belief/thought would anchor this in for you, allow you to remember the importance of experiencing this?

Anchor Meaning of Experience