

## **Introduction to anchoring**

Have you ever experienced a positive state and wanted to be able to hold on to this? When you're experiencing good feelings, you can set up an anchor, which means you can trigger this state by associating it with an external stimulus. With anchors you can easily change and control your emotional state. Here are some examples of anchors:

- a hand gesture, e.g.
- pressing your thumb and forefinger together
- a picture (visual)
- a word, sound or voice tone (auditory)
- a touch or a movement, e.g. stepping forward (kinaesthetic)
- a smell (olfactory)
- a taste (gustatory)

You can use a combination of a gesture, word or image or just one of these, which may work just as well. Find out what works for you and use this.

### **Set up an anchor to be at your best when you most need it...**

1. Make sure that you won't be disturbed for 15 to 20 minutes.
2. Pick a time when you want to be at your best, e.g. you may want to feel calm and confident during a test, an interview or presentation.
3. Focus on how you would you like to feel in that situation. Find a time in your past when you felt most like that.
4. Pick an anchor such as a word, a gesture (such as putting your thumb and forefinger together) and/ or image that you can use as a trigger to bring back the feeling. It's best to make the gesture subtle, so that you can use it in public. Make it something which you don't normally do. The word and image must be related to the feeling.
5. Imagine yourself back in the situation when you felt this feeling. Really try to bring back how it felt to be in that situation. Remember what you saw, heard, felt and thought in that situation, in as much detail as possible. Give yourself plenty of time to do this. Write the details down if you think it may help.
6. Notice the feelings getting stronger and stronger. When they are as strong as they can be make your gesture and/ or say your word (silently) and see your image.
7. Take a few seconds to let this sink in and then shake off the feeling.
8. Repeat steps 5 to 8 above; do this 3 times. It will get easier and the feeling will get stronger.
9. Now test the anchor- start by shaking off the feeling. Next make your gesture and/ or say your word and see your image. Notice how the positive feelings come back to you.

### **Another way to create an anchor or build on an existing one**

You can also create anchors when you are in a 'feel good' moment. This could be when you're feeling relaxed and calm or when you're on feeling really good, e.g. from doing exercise or completing something you feel great about. You can also use these moments

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to strengthen existing anchors by using the cues you've already set up once those feelings are heightened. This reinforces the state you've associated with that anchor.

### **To "fire" your anchor and be at your best**

Make your gesture and/or say your word and see your image. This will bring back the feeling which you 'anchored'.

Warning! Anchors are effective, use them wisely. Do not use them to override or suppress feelings or other signals from your body, such as fatigue.