

FAST PHOBIA CURE Script

Must gain and maintain Rapport through-out entire process!

Explain what a true Phobia is, a one-trial learning process. People with a Phobia think that there's something wrong with them, that they are crazy, or that it's stupid to have such a fear. "Actually, if you have a Phobia it means that your brain learns very quickly."

"Another important thing to remember is that a fear is a communication between your unconscious mind and conscious mind. Your conscious mind is attempting to communicate to you that danger is present and that you need to be careful. But, the unconscious mind already knows how to respond appropriately during a harmful event. Thus, an intense fear, as in a Phobia, is a mistake.

The conscious mind does not need to be on serious alert when this experience is present. So, you may just choose to be only aware of the experience."

The client is going on a difficult journey into the past, set up a powerful safety anchor. Have them see the scene, hear the sounds and feel the secure feelings. Anchor this security kinesthetically by a touch or holding hands. Hold anchor through-out or use when required.

Pretest: "(Their Name), can you imagine having this fear right now, so I may notice your response before we rid this mistake. OK, that's enough, now I would like to come back into this room, knowing you are safe with me right here."

"(Their Name), what I would like to do is to imagine yourself sitting in a large movie theater. See yourself up on the screen in a black and white photo just before the fearful event the first time. If not the first event, then the most intense time that you had this kind of fear response."

"Now I want you to leave that black and white picture on the screen and float out of your body that's sitting here in the chair and go up into the projection booth of the movie theater. So from now on I would like you to stay up in that projection booth until you are instructed to leave it. Can you do that? Take your time..."

Can you see yourself down in the audience, over there? And you can see the black and white picture up on the screen? Of yourself? "

"So you can see yourself down in the audience through the Plexiglas, and there are holes in the glass so you can hear the movie, because we are going to show a movie here pretty soon. What I want you to do is watch yourself watch yourself run a movie of you in one of those fearful moments when you used to respond to that particular thing, seeing yourself go through that experience. Run the movie from beginning to end, in black and white, as you stay up here in the projection booth. You might even place your hands on the glass knowing that you are safe here in the booth. Just run a complete movie, clear to the end, when the fear is over. You can tell from your movie that you're safe again."

“Take all the time that you need to make it into a still picture of yourself after the experience is over. “Was that fairly comfortable for you, watching that?”

“What I want you to do now is to get out of the projection booth and out of the chair in the audience and go into the movie at the very end, where it is safe. Then I want you to run the whole movie backwards, in color, and I want you to be inside it, So it’s just like you took that real experience, only ran it backwards in time, in about a second and a half, in COLOR! “

“About like this, Bezzzoouuuuuurrrrrppppp! Ready? OK... 1½ seconds, color, backwards! ... GO! “

“Did you come out on the other side, in the beginning?”