

## Your partner/friend's role

Start in rapport – you're genuinely curious to understand their experience – so pace them.

Ask 'how specifically?' You're trying to get a really clear understanding

If they're talking about it as if it happens to them, put them at cause e.g. 'how do you know to start?' 'How do you do it?' Pace

You're pacing AND leading now... As they're explaining it to you, listen to their strategy and the sub-modalities driving it and ask questions like "would it still work if you...?"

*e.g. changed the voice/volume/tone, made different mental images, started at a different time.*

## Your role

Identify the desired change. ?/10 how strong that feels

Get specifics (VAK) about HOW it's done

Recognise when & how YOU do it from beginning to end

Now, from a dissociated position, teach your partner how

Notice all the ways you can change your old strategy. Every interruption is upsetting the old habit's strategy! To make that even stronger, imagine yourself making those changes. Notice the new you and new result – how does that fit with your goals, values & beliefs? Set that new intention as a way of being. Anchor that. ?/10 old habit now?