

Here are a few **simple submodality shifts** to practice.

1. Choose an image of something that produces an undesirable state. (For our purposes here do not choose a traumatic experience but rather something of moderate intensity – perhaps a memory of something that feels moderately embarrassing, sad, or angry.)
2. Now, notice the submodalities of the image and the feelings that are attached to the memory.
3. Now, try to slowly turn up the brightness on the image and see if it changes anything about how that feels. Change the brightness back to normal when you are done.
4. Now slowly turn down the brightness and look for changes. Put the brightness back to normal when you are done.
5. Now, try to push the image slowly off into the distance toward the horizon. Bring it back when you are done.
6. Now try to slowly bring the image closer to you, put it back when you are done.
7. Now, try to play something like circus music in the background, turn it off when you are done.
8. Now try to move any sounds you hear off into the distance or into the next room, bring them back when you are done.
9. Check the list of submodalities above for more changes to try out.

There are many things you can do with submodalities. What you are looking for in the above exercise is the “difference that makes the difference” for you. If there are only one or two submodalities that make the difference for you, that’s all you need. For example, if distance makes a difference then the further away you push an image the less emotional impact it has on you... You may be able to push the undesirable image off into the horizon until it disappears, along with the emotional state that is attached to it. Bring a desirable image closer to increase the positive state. Here are two techniques of my own design:

### **Tape Recorder Rewind Technique**

1. Notice when your self-talk is negative.
2. Visualize a cassette tape player and make this the location of the negative internal narrations or chatter.
3. See your hand reach out, feel your finger on the rewind button, hear it click as you press rewind.
4. Hear the self-talk going in reverse as you hold the rewind button. You may even see the tape rewinding.
5. Release the rewind button and hear positive self-talk as you allow the tape to play forward.
6. Repeat as many times as necessary and make it as real as possible. Soon you can do this very quickly on the spot.

The above technique is based upon the concept of thought-stopping. It employs NLP submodality shifts to interrupt intrusive, obsessive thoughts and replace them with more desirable thoughts. The second technique is similar with the variation that it is for stopping the movies that create the unwanted thoughts and feelings. Making them vivid and “real” is important. Each time you use one of these techniques you gain proficiency and effectiveness.

### **Changing Channels Technique**

1. Notice when the movie you are watching on the Theatre of your mind is producing a negative state.
2. See an old TV set in front of you, the kind with the knob that you have to turn manually to flip through the channels.
3. See your hand reach out and grasp that knob.
4. Feel the pressure you have to exert to turn the knob, hear the sound made by the knob as you turn it to another channel.
5. See the screen change to a movie you would rather watch (see Anchors Away Game below for ideas). Hear the sounds that go with the preferred movie.
6. Repeat as many times as necessary, make the movie as clear and vivid as possible.