

BASIC PATTERN OR NTRO EXERCISE

- Step 1: Elicit a negative memory
- Step 2: Give the memory a label, ie. the basement
- Step 3: Record sub-modalities
- Step 4: Move the client's eyes 6 times on each axes
- Step 5: Recalibrate "What is like when you think of the memory now?"
- Step 6: Repeat the eye movements if required

STEP 1-ELICIT A NEGATIVE MEMORY

Ask: **Do you have a negative memory that stands out for you?**

Nothing to do with the work we are doing today, just something else. It could be when you did something embarrassing, if someone annoyed you or something that happened at work.

Just make sure that when you access the memory that there is a visual component (you can see it) and there is emotion attached to it.

STEP 2-GIVE THE MEMORY LABEL

Allow the client to locate a memory. Ask them for a label but no content.

A label could be a name, a location or an act. For example, "John, Paris or the incident?"

Do not allow the client to give you any information about the memory.

STEP 3-RECORD THE SUB-MODALITIES

Is this memory a picture or a movie? (Watch out for maybe man here)

Is it subjective or objective? (Subjective is as if they are in it) (Objective is as if they are observing)

Does it feel near or far in space and time? (This could be in space or time)

How vivid is this memory? (How clear and in focus or full color)

From 1-10 10 being the strongest, how strong is the emotion as they are accessing this memory now? (Watch out for maybe man here)



STEP 5 -RECALIBRATE

Give the client a few moments to gather their thoughts.

Ask when you think of the memory now what do you notice?

When you think of the feeling now what would you rate it?

Normally they will automatically share that things are different.

For initial exercise check the memory or if you notice they say things like its still there or its the same.. break it down.

Ask the following and record the answers.

How vivid is this memory? (How clear and in focus it is)

What's the color like now?

Is this memory a picture or a movie?

Is it subjective or objective?

Does it feel near or far? (This could be in space or time)

Out of 10 how strong is the emotion as they are accessing this memory now? (Watch out for maybe man here)

STEP 6 - REPEAT IF REQUIRED

If visual or emotional components remain, repeat the eye movements.

If no significant change in feeling....after a second to third cycle there is an emotional component, move to the (K) pattern

We are looking for 4 predictable outcomes:

1. Change of perspective (from subjective to objective)
2. Decreased emotion (best 3 out of 10)
3. Loss of focus
4. PossibleTime/space progression

BASIC PATTERN EXERCISE

Step 1: Elicit a negative memory

Step 2: Give the memory a label, ie. the basement

Step 3: Record sub-modalities

Step 4: Move the client's eyes 6 times on each axes

Step 5: Recalibrate "What is like when you think of the memory now?"

Step 6: Repeat the eye movements if required