

The NLP Phobia Cure

Bandler's double-dissociation technique for phobias and irrational fears. Under ten minutes. The lines in plain type are for the client; the notes are for you.

ONE — CALIBRATE

Find the fear	Ask for a touch of the feeling and watch the face, the breathing, the hands	<i>You need to recognize the state if it shows up later.</i>
Clear it	"Let that go entirely. What did you have for breakfast?" Then a time they felt calm and capable	<i>Never start from the fear state.</i>

TWO — THE THEATER

The still photograph	Empty theater, halfway back, soft seat. A black and white snapshot of themselves doing something ordinary	<i>If they do not see pictures, lean on sound and feeling: the seat, the quiet, the hum of the projector.</i>
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THREE — THE PROJECTION BOOTH

Float up and back	Behind the glass, looking down. They can see themselves in the audience, and the screen beyond	<i>Two layers of distance. Do not hurry this. The safety of the whole technique lives here.</i>
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FOUR — RUN THE FILM

Black and white, start to finish	From just before it began to a point after it was completely over, watched from the booth	<i>"It's only a film. It's far away and it already happened."</i>
Freeze	Stop on a still of the moment it was over and everything was fine	<i>If the calibrated fear appears, stop and bring them back to the booth.</i>

FIVE — REWIND IN COLOR

Step inside	Down out of the booth, into that last picture, looking out through their own eyes, color flooding in	<i>They must be fully inside it before the rewind. This is the step that does the work.</i>
Rewind	The whole thing backward, in color, about two seconds, like a film rewinding	<i>"People walk backward, sounds run backward, all of it, very fast. Ready? Rewind... now!"</i>
Clear the screen	Then repeat the rewind once or twice if you want to reinforce it	<i>Once is usually enough.</i>

SIX — FUTURE PACE

Test it	"Think about that same situation happening some time in the future. Try to find the old feeling."	<i>Most say it is not there. If it is, repeat next session and add systematic desensitization.</i>
Variations	Shrink the picture. Scramble it. Cut the film and reorder it, end in the middle, and run the new sequence	<i>Useful when the fear is stubborn or the client is highly visual.</i>