

Fast Phobia Cure

Getting over bad memories, limiting beliefs and phobias instantly

Fast phobia cure is a pattern to get over any kind of phobias and fears without having to experience the phobia or fear in the process of getting over it permanently. This pattern can also be used to get over any bad or traumatic memories without having to relive the incident.

Steps

Step 1: Double Disassociate (like a movie theatre set up)

Step 2 : Find two comfortable, safe scenes - one after the bad memory / phobia / incident and one before the incident took place

Step 3: Play the entire incident like a movie, but in Reverse, from the Comfortable End scene to Comfortable Start scene

Repeat Step 3 many times, until the intensity reduces

Step 4: As you play the movie in reverse, stop at scenes that are uncomfortable and instantly, Flash them out or Black them out

Repeat Step 4 many times, until all uncomfortable and unpleasant scenes are blacked/flash out

Step 5: From Double Disassociation, go to One level Disassociation and Repeat Step 3 & 4

Step 6: Add humor in audio (Funny sound, funny laugh, funny tune etc.)

Test conditions for verification

Test 1: Double Disassociate

Future Pace for Bad memories/Relationships: Play a movie of your life going

forward, achieving all your goals and doing everything you want to do. And if you meet people that were part of that bad memory/relationship, play a movie of how easily you are dealing with them while you stay focused on your life.

Future Pace for Phobia: See situations where you are doing whatever it is that you were phobic about – Be realistic and gradually go over many situations where.

- Test 2: Disassociate and repeat the same process.
- Test 3: Associate and repeat the same process.
- Test 4: Give yourself enough opportunities to test this change in real time, as soon as possible.

This process is also called as New Behavior Generation. When you do this successfully, your neurology will generalize the impact of this new behavior in all other aspects of your life.

Check points to remember

- ✓ Lead the client to a resourceful state before you start the pattern
- ✓ Ensure double dissociation. If you ever find your client getting associated, break state and double disassociate.
- ✓ Ask questions that will force the person to see himself. For e.g.: What color dress are you wearing? In order to answer this question he/she has to see himself. This will get them to disassociate automatically.
- ✓ Ensure the end and the start scenes are comfortable to the client.
- ✓ Do enough reverse repetitions until the client does it comfortably before using their sub-modalities
- ✓ Pick sub-modalities that reduce the intensity for the client.
- ✓ Do enough repetitions in reverse after using sub-modalities in double and single disassociation.
- ✓ During new behavior generation, the movie

that the client plays of his future has to be realistic. Fog e.g.: For a person with fear of heights, when they play the movie forward, get them to see themselves in the 2 or 3 rd floor first and slowly get them to move further instead of directly getting them to see themselves on the 20th floor.

- ✓ Irrespective of any phobia or fear, guide them to take baby steps during new behavior generation
- ✓ For extreme phobias and traumatic memories, do triple disassociation.

Conditions under which the patterns may not work

- If the right sub-modalities are not chosen that will reduce the intensity for your client,
- If the process of applying the sub-modalities on the phobic or traumatic/bad images is not repeated enough no of time until the intensity of it reduces fully,
- If enough future pacing is not done for the neurology to generalise.

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