

Anchor Collapse



I had a powerful aversion or what can be better described as total and complete dislike of the smell of Tabasco Sauce.

Gagging, nauseating YUCK! Even thinking about it or seeing a bottle of it caused me to feel uncomfortable. I got goose bumps and stopped breathing. I would leave the table if anyone used it, or would ask people not to use it - *PLEASE!!*

I went through an NLP process called the Anchor Collapse; which helped me to attach a new value to the bottle. I now imagine I smell ginger and clove; two very comforting smells for me.

I can now sit next to anyone using it and it does not phase me in the least. Are those really bottles of Tabasco or colored water?

Can this be true? YES! It really is Amazing!