

Couple Anchoring



I was frustrated with someone and had difficulty communicating with or tolerating this person.

After going through the Couple Anchoring NLP process, I'm now able to communicate without judgment and frustration. When this person become confrontational, demanding or otherwise difficult, I can imagine this person as a small child. Sometimes a small spoiled child that isnt getting exactly what they want. I sometimes imagine this person distanced from me in a tiny box with a tiny voice.

Since doing this, I've received feedback from many that its amazing that I've somehow bridged a gap with person like no ones ever done and this person has much positive feedback about me.