

Playing with Emotions using Sensory Play with Vir Cotto

What are we doing?

We're using senses and sensory play to modify people's emotional state

The "Normal" Way

Using NLP visualizations and anchors.

The "Normal" Use

Therapeutic use to help yourself or others change their emotional state

Anchoring

Associating an emotion a physical trigger

Sensory Play Triggers

Creating sensory triggers

Our Technique

- 1) Find an emotional state that we want to work with
- 2) Bring the subject into that emotional state using standard recollection and imagination techniques
- 3) Have them describe their emotional state in terms of both metaphoric and their actual kinesthetic experience of the emotion
- 4) Create hypnotic sensory play triggers *instead of NLP anchors* using the subject's explanation
- 5) Use those sensory anchors during your scene
- 6) Rinse, repeat.

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