

A

Allergy Cure · 3, 29

B

belief systems · 3

beliefs about failure · 4

Better Belief change pattern · 3, 17

break a compulsion · 3

C

change limiting beliefs · 3

changing beliefs and values · 15

Circuitry Clearing · 3, 18

content free · 3

creativity · 3

D

Decision Destroyer · 3, 19

Deep Trance Identification · 3, 11

Disney Pattern · 3, 23

Drop-through · 3, 21

DTI · 3

E

ecology check · 4

Eliciting a values hierarchy · 3

EMDR · 3, 26

F

Failure into Feedback · 4, 25

finding prime concerns · 3

Foundational patterns · 5

Future pacing · 8

Future pacing and testing · 4

G

Grief Pattern · 4, 30

I

inability to make decisions · 3

L

life line · 7

limiting belief · 3

M

maximise self-belief · 3

Meta mirror · 4, 27

metaprogram · 3

metaprogram patterns · 14

minimise self-doubt · 3

Modelling · 4

Modelling patterns · 9

Modifying a values hierarchy · 4

P

perceptual position shifting · 4

prime concerns · 21

R

reaction, allergic · 3

reference structure · 3

Reimprinting · 4, 20

resolve incongruence · 4

S

Setting a well-formed outcome · 6

sliding anchors · 3, 28

SMDs · 3, 14

strategy · 12

T

testing · 4, 8

TOTE · 12

transfer excellence · 3, 4

triple description · 4

U

unexpressed love · 4

unhook the client emotionally · 3

V

values hierarchy · 4, 13, 16

Vow Pattern · 4, 24

W

well-formed outcome · 4, 6

when to use the patterns in this guide · 3