

## A

anchoring, 3, 11  
anchors, chaining, 14  
anchors, collapsing, 12

## C

chaining anchors, 3, 12  
change personal history, 3, 19  
circle of excellence, 3, 16  
client issues and what patterns to use  
when, 5  
collapsing anchors, 3, 12  
compulsion blowout, ratchet, 29  
compulsion blowout, threshold, 30  
CPH, 19

## D

doubt to belief pattern, 27

## E

eliciting a strategy, 3, 32  
excellence, circle, 16

## F

future pacing, 3  
future pacing and testing, 9

## I

installing a part, 3, 25  
integrating parts, 23  
introduction, 2  
issues and what patterns to use when, 5

## L

life line, 4, 7

## M

mapping across, 4  
mapping across, submodalities, 27

## N

NBG, 31  
negotiating with parts, 24  
new behaviour generator, 3, 31  
New Orleans Flexibility Drill, 3, 13  
NOFD, 3, 13

## O

outcome setting, 6

## P

parts integration, 23  
parts negotiation, 4, 24  
parts, installing, 25  
perceptual positions, 15  
phobia cure, 3, 20  
position shifting, 15

## R

ratchet compulsion blowout, 4, 29  
reframe, six step, 22  
reframe, spatial, 24

## S

setting a life line, 7  
six step reframe, 4, 22  
SMDs, 26  
spatial reframe, 4, 24  
strategy, 32  
submodality mapping across, 4, 27  
swish, 28  
swish pattern, 4

## T

testing, 3, 9  
threshold compulsion blowout, 30  
threshold compulsion blow-out, 4  
time line intervention, 18  
time travel, 4  
triple descriptions, 4, 15

## V

visual squash, 4

## W

well-formed outcome, 4, 6  
WFO, 6