# PictureAnchor feelings of inner strength this NLP technique will help you draw on your inner strength when you need it

1. Remember a time when you felt really strong and powerful.
2. Recall the time with the sights, sounds and feeling you felt then.
3. Try as hard as you can to feel as powerful as you possibly can and squeeze your thumb and finger together for 5 seconds.
4. Let your mind go blank.
5. Recall another time when you felt really strong and powerful.
6. Recall the time with the sights, sounds and feeling you felt then.
7. Try as hard as you can to feel as powerful as you possibly can and squeeze your thumb and finger together for 5 seconds.
8. Remember the powerful memory.
9. Squeeze your thumb and finger together for 5 seconds.

# Repeat 5 times.  10. Imagine your God or the power of the universe or the love of your family or all of those things, pouring strength into you.  See it as fiery white energy.  Breathe in and really pull in all that power.  Double that power and squeeze your thumb and finger together. Repeat daily if you can, to strengthen the anchor. Whenever you want to draw on your inner strength.  Trigger this anchor by pressing thumb and finger together.

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