



How to Use NLP Resource Anchoring to Be More Confident?

Can confidence be nurtured? Like you, many of our NLP practitioners came to our NLP certification programs with the same question, “Are people born to be confident or made to be confident?”

In NLP, we strongly believe that there are no unresourceful people, only people with unresourceful states. As such, all our NLP practitioners are very well equipped with one of the most common, yet powerful NLP techniques known as NLP resource anchoring. NLP anchoring is one handy NLP technique that primarily helps practitioners to recover any resourceful state at any moment of time, in this case, the state of being confident.

So, why is it important for you to develop confidence in your life? The reason is very simple, without confidence or a sense of certainty to achieve something in life, nothing is possible. Without confidence, it is an uphill task attempting to reach your dreams.

As such, you will learn a simple 5-step process to develop more confidence in your life through NLP anchoring. Outlined below is only one small segment derived from the NLP anchoring technique we teach in our NLP classes, known as resource anchoring.

NLP Resource Anchoring Process

1. Begin by closing your eyes and recall a past experience where you have been feeling extremely confident. Ask yourself the following questions:

- What were you doing then?
- How did you know that you were feeling confident?
- Was there something that you were picturing in your mind when you were feeling confident?
- Were you saying something to yourself when you were confident?

By asking the above questions, you are actually slowly unearthing the strategy for you to feel confident. Now, you may wish to return to your past to find out your unconscious strategies for feeling confident so that you can bring those strategies back to the conscious level.

When you have derived the answers to the following questions, break state, think of something else and return to the present state.

2. Next, recall those “criteria” that may have been useful in triggering your state of confidence. Visualize them as vividly as you can in your mind’s eye... and as you are feel the increasing intensity of confidence within you and is about to hit the peak state, create an anchor for your state of confidence, by gently clenching your fist.

3. Again, recall another past experience where you were feeling confident about yourself. Once again, as you are about to enter into the peak state, clench your fist once more. Doing so will help stack up your anchors and amplify the state of confidence.

4. Repeat Step 3 as many times as you wish. Continue to amplify the power of your anchor as much as possible.

5. Last but not least, do a test and future pace. Think of a situation that you are likely to face in the future, where you are required to reinvigorate the state of confidence. Fire your anchor (clench your fist) to see if the technique works for you.

As simple as the 5-step process may sound, NLP anchoring is actually one of the powerful NLP techniques. When properly applied, you can create any required resourceful state at the snap of the fingers.

Of course, you are not only limited to confidence building. If there are other resourceful states which you want to elicit at any moment of time, you can use NLP anchoring to achieve the same outcomes.

Try it, be amazed. And don’t forget to come back to share your experience!