

SWISH PATTERNS

KEYS TO SUCCESSFUL SWISH PATTERNS

- Swish patterns are for the purpose of creating momentum toward a compelling future.
- The Swish Pattern installs choices for a new way of life rather than to change or remove old habits.

DOING A SWISH PATTERN

1. Get the picture that represents the habit or situation you would like to change. (When you think of _____, do you have a picture?)
2. Get a picture of the type of person you would like to be. (“How would you like to be instead? When you think of that do you have a picture?”)
3. Change the visual intensity of the desired state (brightness, size, distance, etc.) for the most “real” or most positive Kinaesthetic.
4. Bring back the old picture (#1), NOW STEP INTO THE PICTURE, fully associated.
5. Now insert in the lower left hand corner, a small, dark picture of the desired state.
6. Simultaneously, have picture of current state rapidly shrink and recede to a distant point while dark picture explodes into full view. (This *can* be accompanied by either an internal or external *SWIISSH* sound, but *is not necessary*—speed is!)
7. Repeat #6 a minimum of five times. Enjoy the results!

NOTES TO KEEP IN MIND

- a. Be fully associated in old pattern.
- b. Have detailed sensory-specific representations in the desired state.
- c. If client is associated in final picture = **OUTCOME**
- d. If client is disassociated in the final picture = **DIRECTION** (This is usually preferred to create a compelling future.)
- e. Make sure to have a break state between each Swish Pattern so as not to loop them. Close eyes during each step of process and open them between steps.

