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Swish pattern technique pdf free pdf file

There are no on-screen instructions therefore the therapist is expected to explain the process to the client. Also added ability to change start / stop key V1.8 - 14 Sept 09 - Version number correction only V2.9 - 2 Feb 2010 - Change to enable silent reinstallation via autoupdate, setup window visually improved V3.0 - 24 Feb 2014 - New icon and improved "My Desktop / My Programs" installation locations V3.0a - 21 Mar 2015 - Update to facilitate installation on systems with Korean / Japanese / Chinese system character sets V3.1 - 21 Jan 2018 - Optional online generation of unlock codes added and auto unlocking after vSwish Lite is unlocked added Click here to purchase and download What do they do? Ability to save / reload settings included. Swish (PC/MAC)Swish Pro - free with Swish Lite (PC) Swish Lite Swish Pro Screenshots from Swish Lite Doing a NLP Swish Pattern – Overview (The exact script is on next page) Get the unwanted state/behavior – the Old State. Close eyes during the process and open and close them between swishes. Sed dapibus est id enim facilisis, at posuere turpis adipiscing. Now shrink the New State so it's small and dark, and insert in the lower left hand corner, and the client is dissociated. Related Articles Back to the NLP Guide At Transform Destiny, we have something for everyone. An agreement needs to be accepted prior to being given access to these facilities. Click to learn more about our Live NLP Home Certification Training 3. Simultaneously, have picture of Old State rapidly shrink and recede to a distant point while New State explodes big and bright into full view. This applies to Spanish, Chinese and French translations at the current time. Live NLP Certification Trainings Get certified in our live NLP trainings, where you'll learn to master all the skills of NLP at the Practitioner level. Enjoy the results Notes To Keep in Mind The client should be fully associated in Old State (Present State). V1.5 - 30 Sept 07 - integration with shared image / audio library, instantly see the effect when adding images without needing to click on "Apply" V1.6 - 1 Nov 07 - the unlocking process was substantially simplified in order to allow the Therapists Toolkit to unlock the product automatically V1.7 - 5 Jun 08 - Substantial redevelopment of the way in which options / settings are handled. Our monthly newsletter is also free, offering you lessons, tips and advice on hypnosis and NLP. The cursor was hidden during the process.) Installation Requirements The system operates with the following versions of Windows Windows 7 / 8 / 8.1 / 10 Vista Windows XP (Home or Pro) Windows XP Media Centre Edition 2005 The software does support use on Netbooks. Adjust the submodalities of the New State (brightness, size, distance, etc.) for the most "real" or most positive Kinesthetic. Visual Swish Pro (PC Only) The "pro" version is a more advanced implementation of the Swish technique. 2. You can sign up for our newsletter here. NLP Swish Pattern Mood change software Suitable for Swish Technique / Pattern Confidence Control Happiness Mood Negativity Aversion Desensitisation Problem: Visual NLP techniques such as the Swish technique are reliant upon the imagination of images and concurrently associating feelings with the images. That's one Swish sound. Also, given the nature of the technique it is very easy for therapists and patients to lose their place in the process. Imagine a "swish" sound as you do this - hence the name. We hate SPAM. It is crucial to the success of the Swish to clear your mind or turn your attention outside before you do each next round. At the same time have the 'positive' replacement image become larger and closer until it replaces the negative image completely. Online NLP Certification Trainings Or get certified from home more in our online NLP trainings, where you'll learn to master all the skills of NLP at the Practitioner level. (This is commonly known as the Swish pattern). 6 Practice 5-7 times Repeat steps 3 to 5 up to about seven times until you have difficulty in maintaining the unwanted image. An inbuilt editor similar to Excel allows the text to be edited and previewed quickly and easily. Visit www.freenlphomestudy.com for more info. Get the Desired State – the New State – by getting a picture of the type of person the client would like to be, instead. 1 Select a replacement image First select your replacement image - ask yourself How do I want to be instead. So if you (or the person , if you are assisting someone else) believe that you have difficulty in visualising you could accept this belief and use a kinaesthetic or auditory swish. The technique can be used to install new behaviour / change thinking / change mood states. This satisfies the needs of more advanced users that want simplicity and flexibility. Click here to download / view a demo (3.6 MB) of the Lite version on a PC (wmv file) (Screen shots were taken at the rate of 4 frames per second. This time, you want an associated image of what is going on immediately before you engage in the unwanted activity. Other categories can be added on request. If you translate into one of the most common languages and we accept the translation as being of high enough quality you will get your purchase fee for this product refunded. The problem is that many people find imagining images and feelings difficult at best. (This can be accompanied by either an internal or external SWIIISSH sound, but is not necessary—speed is! Repeat step six a minimum of five times. Visit the free NLP Guide at www.transformdestiny.com/nlp-guide. So I would suggest that you act 'as if' you are visualising - do it 'pretending' that you are able to follow the steps and can visualise clearly. Make sure to have a Break State between each Swish Pattern to prevent the states from looping. Change negatives into positives, convert anxiety into calm. The client should be dissociated in the New State (Outcome). Ours are the best trainings in the industry, because, while other institutes train to the lowest required standards, we do more! Our trainings go above and beyond to deliver the most amazing, life-changing experience you've ever attended. Ask yourself What occurs just before this negative or un-wanted state begins? Your own images appear after the initial Swish pattern training dialogue. Your patients' can then continue the process in their imagination or you can use the software to guide them through the process. Applies to the Advanced module only. (It was originally developed as a primary intervention for PTSD by hypnotherapists before being reinvented by the NLP Movement!) Visual Swish Lite Swish (Lite) contains two versions within the same product. Then continue, doing it a little faster each time, until you are swishing almost instantaneously - in less than a second!) 5 Clear your mind After each Swish round blank your mind, fully! Think of something else or visualise your favourite colour. Swish Lite Basic: The "lite basic" version is a simple implementation of the Swish technique with static images and sounds. Both are then subjected to a further submodality shift with only the positive image returning. A Swish Pattern installs choices for a new identity, rather than to change or remove old behaviors. The user is guided through the use of the technique via on-screen instructions. Click on the image to the right to see the available options. The PC version module includes German / English language support. A "skip intro" option was also added to skip past the initial training dialogue and the quality of the image as it zoomed back from the horizon was greatly improved. What do Swish Lite and Swish Pro look like? The user now has the ability to use any images, any sounds and to save / restore settings. This is an introductory video course will give you a great taste of NLP and tools that you can use immediately. Get the picture that represents the habit or situation the client would like to change. This allows the therapist to guide the user through the process in whatever way the choose. We will never sell your information, for any reason. Bring back the Old State, and have the client step into the picture, fully associated. 2 Find the trigger for the unwanted activity Discover how you know when to have the unwanted image or behaviour. Breathing easily as you do this since some people tend to hold their breath while concentrating on doing the Swish. Solution: Our software based approach resolves these problems by providing images on-screen that can reduce the need to imagine and enables easier generation of images after treatment. Curiously, this will work just as effectively! Swish patterns are useful for creating momentum toward a compelling future. However the Swish will generally be more effective in the Visual system since this appears to be the only system in which we can simultaneously change two sets of representations. Lorem ipsum dolor sit amet, consectetur adipiscing elit. The modalities of the positive are amplified, the modalities of the negative are minimised as left to right matching auditory stimulation is provided. The Free NLP Home Study Video Program Learn the foundations of NLP for self-improvement and communication. Sound effects help feelings to be associated into more easily and more rapidly. Click to learn more about our Online NLP Home Certification Training 4. Swish Lite for PCs now includes 16 sample problem images (blood, bridge, dentists, dog, driving, flying, frog, heights / stairway, mouse, payphone, rat, snake, social dinner party, tarantula, vomiting actual, vomiting nausea), 8 sample solution images (beach, bear, clouds, duck, flowers, kitten, mountains, sunset), and 7 sample settings files (Blood Clouds.vswi, Bridge Beach.vswi, Driving Beach.vswi, Mouse Kitten.vswi, Rodent TeddyBear.vswi, Sider Duck.vswi, Snake TeddyBear.vswi) 5 June 07 - A new version of Swish Lite Advanced was released on 5 June 07 (1.7 MB download / PC only) that provides a very easy one-click way of importing and resizing images from your hard drive (standard jpg image files). Visual NLP Swish pattern technique For sufferers: The NLP Swish pattern helps you to change your state of mind - it helps you to move from one mood state into another quickly and easily. V2.3 - 1 Feb 2010 - German language display updates V2.4 - 2 Feb 2010 - Change to enable silent reinstallation via autoupdate V2.5 - 4 Feb 2010 - German language updates, slower display of "now zoom" text, user editing of text for translators V2.6 - 17 Feb 2010 - German language updates V2.7 - 5 Mar 2010 - Final German language updates, improved window colors, faster closing V2.8 - 11 Sept 2012 - Windows: Full use is now made of the available screen area even if in widescreen mode V2.9 - 24 Feb 2014 - New icon and improved "My Desktop / My Programs" installation locations V2.9a - 21 Mar 2015 - Update to facilitate installation on systems with Korean / Japanese / Chinese system character sets V3.0 - 21 Jan 2018 - Optional online generation of unlock codes added Advanced version: User selected images: In the example below the images selected were of a hypodermic needle and a beach (movement has been emulated): The following screenshot relates to the PC version only. Language categories defined to date are Arabic, Bengali, Bulgarian, Catalan, Chinese Simplified, Chinese Traditional, Croatian, Czech, Danish, Dutch, English UK, English US, English, Filipino, Finnish, French, (German-translated), Greek, Gujarat, Hebrew, Hindi, Hungarian, Indonesian, Italian, Japanese, Kannada, Korean, Latvian, Lithuanian, Malay, Malayalam, Marathi, Norwegian, Oriya, Persian, Polish, Portuguese Brazil, Portuguese Portugal, Romanian, Russian, Serbian, Slovak, Slovenian, Spanish, Swedish, Tamil, Telugu, Thai, Turkish, Ukrainian and Vietnamese. Continue Reading the Free NLP Guide and Get Our Free Hypnosis and NLP Newsletter Our NLP Guide is entirely free, and you can browse it for scripts and instructions on all the Practitioner level NLP material. Multi-language support (PC / Lite version only) English Full support - covers all modules German Full support - covers all modules / PC only *(1) User defined Multi-language support (PC / Lite version only) Users wishing to generate a version of this product in their own language can do so so long as they agree to share the translation with other users via an inbuilt upload facility. Cras sed sapien quam. V2.2 - 28 Jan 2010 - German language support added. However simply making the images change size and distance from you will work most of the time.) Have the 'negative' image become smaller and shoot off into the distance. Speed, image size, background colour and image location settings can also be altered by the user. The client should have detailed sensory-specific representations in the New State (Outcome). For therapists: This multimedia software approach helps you by showing your patient's exactly what they should imagine. Enhance the detail and the quality (submodalities) of this until it the image is quite compelling. Unlocking window improved visually and a new function to send user reference codes automatically by eMail has been included. Swish Pro is provided free of charge with Swish Lite. Quisque sit amet dui dui. In real terms this means: Problem image appears bottom left User's attention directed to it for a few seconds User is asked to clear their mind Positive solution image appears top right User's attention directed to it for a few seconds Problem image reappears and fades and becomes smaller Solution image floats into the problem image Problem image with the solution image within it zooms off into the horizon with a swish sound Solution image comes back from the horizon with a swish sound and gets bigger Cycle repeats Swish Pro (PC only) is the same as the above except that user dialogue is not present. Having selected the replacement image see and hear yourself `over there' in a dissociated image. Detail: The NLP Map Swish Technique maps the submodalities of something that is wanted into the submodalities of something that is not wanted. That's why we have these four resources for you: 1. 3 Put the replacement in the corner of unwanted image Imagine a small postage-stamp sized version of your replacement picture in the bottom corner of the unwanted picture. V1.4 - A new version was released on 28/Aug/07 (V1.4) to include using the Escape key to stop motion / sound and the control key to restart motion / sound. 'I don't visualise' This is a common belief. It is important that this image is dissociated. (Do this fairly slowly at first taking, say, 5-10 seconds to do it. Sliders have been added for width / height settings. Call To Action Join our mailing list to receive the latest news and updates from our team.Don't worry, your information will not be shared. (Experienced NLPers will select two critical submodalities to use here. You can do an Auditory or a Kinaesthetic Swish, too. Swish Lite Advanced: A new minor version of Swish Lite was released on 1/May/06 to enable external images to be specified if required rather than using the defaults. A basic version and slightly more advanced version. 4 Swish the two images Now you want t make both images change simultaneously and with increasing speed. V1.1 - A new version of Swish Pro for PCs was released on 1/May/06 (V1.1) which takes Swish Pro unofficially out of 'beta test' mode following another phase of routine development. We provide a generic solution with preset images and enable you to provide your own images / sounds if required. On-screen instructions guide you through the process to keep treatment on-track. You'll find the materials that meet your budget and desire for knowledge.

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