

GENERAL INSTRUCTIONS NLP Eye Movement Integration

The method you are about to experience is very simple.

First, I will ask you to think of a problem or limitation and notice how you experience it.

Then, while you continue to think of this problem, I will ask you to keep your head in one position as you smoothly follow the movement of the target in my hand with your eyes. You don't have to do anything else.

After following the target with your eyes about 20 seconds, I will pause and ask you to tell me about any changes in how you experience the problem you are thinking of.

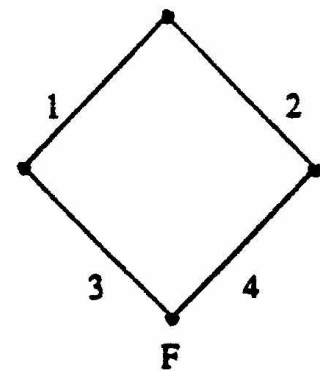
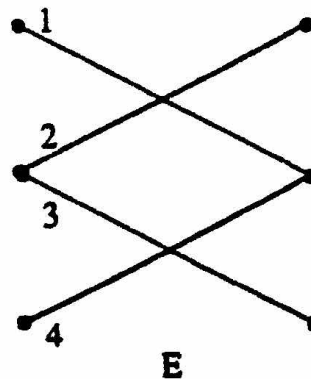
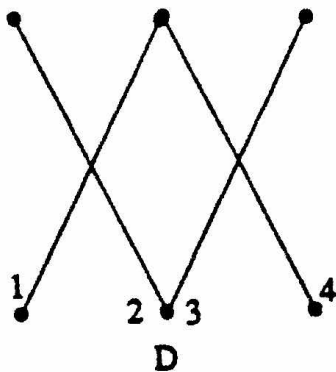
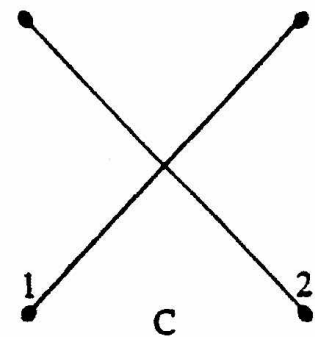
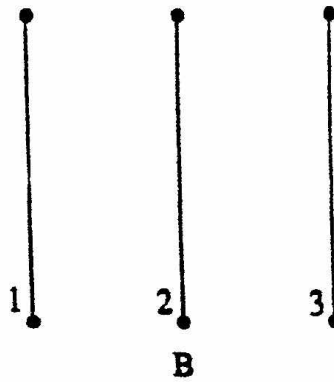
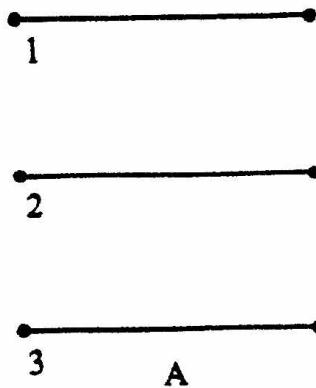
1. Most people will have an unpleasant feeling in response to thinking about the problem limitation. Using "100%" to rate the intensity of this feeling at the beginning, "80%" would mean that it decreased 20%; "120%" would mean that the intensity increased 20%. Or there might be no change.
2. There may also be qualitative changes. These could include:
 - a. perceptual changes in the way you think of the problem--for instance, your internal image could gain or lose color, or become smaller or larger, a voice or sound might increase or decrease in volume.
 - b. changes in the content of the problem--for instance the person in the image might change, or what a voice says might change, etc.
 - c. changes in the kind of feeling response to thinking about the problem--from fear to comfort, anger, or excitement, for instance.
 - d. changes in muscle tension or relaxation in all, or part, of your body.

IMPORTANT

Please let me know what I can do to make this as comfortable and easy as possible for you. If you'd like me to slow down or speed up, to hold the target farther away from your face or closer to you, to pause or stop at any time, or do more of a particular movement, or have any other suggestions, please let me know right away.

If at any time during this process you experience any discomfort, reluctance, or objections, please let me know immediately, so that we can stop and modify what we are doing.

4. Begin by linking the points that are farthest from the least resourceful areas noted above. You can make notes with a checkmark (or number) on the diagrams below to keep track of which linkages you have made, and what impact they had on the limitation.



If at any time the client becomes dizzy, nauseous, or otherwise uncomfortable, stop this linkage and move on to another. When you return to this linkage later, it will usually be much less unpleasant. It is very important to integrate these areas, and it will be much more comfortable after you have already integrated other resources. Continue until all linkages have been made to "plateau" (no further change in response to more movements).

GUIDELINES AND CRITERIA FOR EFFECTIVE LINKAGE

Use a bright yellow felt tip pen as a target. Hold it so that only the tip is visible.

Try to have the background behind you as uncluttered as possible to make it easy to see the target and to avoid distraction.

If the client wears glasses, remove them for this process. (It is not necessary for the client to see clearly, as long as the target is visible.)

Begin each linkage by moving your hand relatively slowly, to make the target easy to track smoothly. Later speed up somewhat, to about one second per linkage. End linkage smoothly, moving the target toward yourself.