



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?). Make sure you find the trigger that sets off the behaviour.
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 Kinesthetic.
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

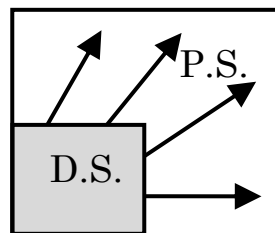
- a. Be fully associated in old pattern.
- b. Have detailed sensory-specific representations in the desired state.
- c. If client is associated in final picture = **OUTCOME**
- d. If client is disassociated in the final picture = **DIRECTION** (This is usually preferred to create a compelling future.)
- 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.



SUBMODALITIES SWISH PATTERN SCRIPT

*This script has been revised

1. Elicit Present State or Behavior: “How do you know it’s time to _____? (EG: Feel bad.) When you think of that _____ (State or Behavior) do you have a picture?” **(Break State)** [If client gives you a K answer, then say, “How do you know it is time to feel...”]
2. Elicit Desired State: “How would you like to (feel/act) instead? When you think of that _____ (State or Behavior) do you have a picture?”
3. If necessary, assist client in adjusting the visual intensity of the Desired State for the most positive kinesthetic. Say to the Client, “Step into your body. Now, adjust the SubModalities by changing them to make it most intense.
4. “Good, now step out of the picture, so you see your body in the picture. Take the picture and make it small and dark in the lower left hand corner.” **(Break State)**



5. “Now, can you take the old picture and bring it up on the screen? Make sure that you are looking through your own eyes.”
6. “Good, as you have the old picture on the screen, can you see the new picture in the lower left hand corner, small and dark? Make sure you see your body in the picture.”
7. “Good, now have the picture explode big and bright, and have it explode up so that it covers the old picture, while the old picture shrinks down and becomes small and dark in the lower left hand corner, and do that as quickly as sssswishhhh.”
8. “1-2-3 sssswishhhh. Clear the screen.”
9. Repeat steps 5,6,7,8 until the unwanted state or behavior is not accessible. As the client gets used to the pattern then you can just do step 8 with the rhythm **“Present state, Desired state, 1,2,3 SWISH. Clear the Screen”**
10. Test and future pace.