

Anchoring for Real-World Confidence

Practical NLP you can use today

Why Anchoring Works

Most of our states — confidence, focus, calm — are triggered unconsciously by past experiences. NLP anchoring lets you capture a powerful state on demand so you can access it when you need it most.

The 4-Step Anchoring Process

1. Elicit a Powerful State
 - a. Recall a vivid memory where you felt unstoppable.
 - b. Make it big, bright, and strong (see it, hear it, feel it fully).
2. Apply the Anchor
 - a. As the feeling peaks, apply a unique gesture (touch knuckle, press fingers, say a word inside).
3. Break State
 - a. Think of something neutral (your breakfast, the weather).
4. Fire the Anchor
 - a. Repeat the gesture. Notice the confident state returns automatically.

Examples in Action

Therapist selling a service:

“Before your first client session, press your anchor — so you walk in calm and centered.”

Coach on sales call:

“When you feel that old nervousness, fire your anchor and speak with certainty.”

Everyday life:

“Before a big presentation, trigger your anchor and feel the same confidence as your best memory.”

Try It Yourself

- Pair up (or practise solo):
- Anchor 2 different resource states (e.g. confidence + calm).
- Then “stack” them on the same anchor for extra power.

Next Step

When you can summon confidence on demand, ⁵selling and leading feels easier.

Want practice partners and deeper tools? Join the DSNLP
Community – \$5.99/month.