

NLP Like To Dislike Script

Generally it is ALWAYS a good idea to ask,

“Is it all right with your Unconscious Mind to Make this change today and for you to be aware of it consciously?”

1. “Can you think of something that you like but wish you did not? Good, what is it? As you think about that, do you have a picture?” (elicit the location, size, color, shape etc. of the problem food/drink/ substance)
2. “Can you think of something which is similar, but which you absolutely dislike? For example Ice Cream vs. Frozen Yogurt, craft beer vs Budweiser, Marijuana vs Opium. As you think about that, do you have a picture?” (elicit the location, size, color, shape etc. of the disliked or repelling food/drink/substance)
3. Change the qualities of the problem food/drink/ substance into the qualities of the thing that you dislike or are repelled by. Most often this is done by moving the location and size of the liked thing into the disliked thing
4. **Test: “What happens when you think about that now?”**