

The Trigger Guard Sequence

1. **Begin:** *"Close your eyes."*
2. **Initial image:** (problem specific - given in notes below)
3. **Next:** Freeze (no zoom.)
4. **Replacement:** (problem specific - given in notes below)
5. **Filling** the moment of now.
6. **Thinking of tomorrow:** *"And now thinking of the moment tomorrow when you remember today and how easily you dismissed that trigger and you find a real sense of absolute delight as you now go back to that frozen image..."* etc.
7. **Loop through 4 - 6 six times.**
8. **Short pause.**
9. **End:** *"Open your eyes now."*

Continue with the PAL test at step 11 (in the **Reboot**, above.)

Triggers

Some of the triggers shown here are suggested though there's no reason at all why you should not create client-specific ones based around the same or similar concept. In all cases, the 'Old self' is best viewed in dissociated mode, 'New self' experienced as associated. *It's important to remember that the client doesn't need to be able to recall the trigger or trigger guard since we are seeking to create a diversion pattern in the Reptilian and Paleomammalian complexes that will operate below the level of awareness. If the trigger guard operates with total success, the individual will not even have been aware that a trigger had been present. Although there are several trigger guard processes listed here, there is advice later on for creating others for different processes. **In any case, you should always ensure that the triggers and images 'work' for the client and modify if necessary.***