

INSTANT STATE CHANGE TECHNIQUE

Example Of A Depressed Person

01. Their shoulders, head and eyes are down. Their facial expression is sad, and their breathing is shallow.
02. Ask them to square their shoulders and pull them back. Then ask them to take several deep breaths, filling their lungs to capacity. Then ask them to look straight ahead and put a big silly grin on their face. Then ask them to walk around pretending as if they are happy and excited.
03. After a few seconds, they will start to feel happy and the depression will lift.
- 04.