

Veterans Coaching Alliance

Phobia

Information from The Tad James Co <https://www.nlpcoaching.com/>

Phobia

This is probably an emotional topic for many people as at different times in our lives we're all hit with the unexpected... A phobia!

Examples of phobia are many, but they all follow the same pattern. For instance, there is phobia of **heights**, **flying**, food swallowing, insects, **public speaking**, dogs, snakes, **enclosed spaces**, and so on.

You're told that phobias are "irrational" or "exaggerated" fears, and that, in general, they cannot be mitigated by conscious will-power.

In this respect they can be "debilitating." When the trigger suddenly appears, the reaction is an immediate and out of conscious control. But the response has nothing to do with will-power or, conversely, with weakness. It can happen to both extremely strong or soft people. A phobia does not discriminate.

In general, in NLP you can find out the root cause of your phobia. This is extremely useful as you need to understand how this all started and how was it possible for it to occur. But that's not enough to resolve the issue forever. Understanding the root cause of a severe


fear is just the first step. Time Line Therapy® has the phobia disappear. Yes, disappear completely, so that you cannot do it anymore even if you wanted to.

NLP can also show you a completely different perspective from which to view your phobia (called reframing) and that's, of course, extremely helpful. However, it is not enough to have the phobia disappear. In Time Line Therapy®, a process called "Logical Levels in Sequential Coaching" (a fancy name, don't worry about it) destroys even the strategy for being able to do the phobia.

In NLP, there is a process called anchoring, where a successful positive emotional state can be linked to a challenging situation (like a phobia). That's also extremely useful, however it only helps to manage the phobia better. Time Line Therapy® by using your individual method for storing time (your particular Time Line) allows you to completely let go of the phobia so that it never bothers you again. Moreover, it allows you to preserve all the strategies to maintain safety and protection for future use which otherwise may not be preserved.

NLP uses a process called Submodalities (another fancy piece of jargon - don't worry about this one, either) which changes the way you store in your mind the picture representing the trigger for the phobia. A phobia starts somewhere. It does not happen all the time, 24/7. So, if you know the trigger, the defining moment that starts the unwanted response, and you change the way you store the trigger in your mind, it will never fire off. This simply means that the irrational fear over which you seemed to have no control is simply not there anymore no matter how many times the trigger appears. NLP and Time Line Therapy® can show you how to do that easily.

And again, with the help of **Time Line Therapy®**, all the positive learnings acquired so far are there, so you're free of the phobia and not of the ability to be safe and protected




in all your doing and being. These two modalities, NLP and Time Line Therapy® show real results in alleviating the symptomology displayed by phobia-afflicted people.

What is not commonly known is the fact that with the help of NLP and especially with Time Line Therapy®, a phobia is no more difficult to be removed than a bothersome coffee stain on your shirt. This is a big claim and yet, hundreds of our graduates have experienced this process successfully.

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mitigate or cure any condition. If you have a medical condition, seek the advice of a competent health care provider.

