



EXAMPLE – PACING TO MERGING : Lesson 8

The client is a Security Guard, enrolled in a class to become a Court Reporter. She isn't used to doing things for herself, as she has spent her entire life taking care of others and doing what they expected of her. She suffered verbal and emotional abuse. Now she has difficulty with focus and concentration, as she is filled with self-doubt and fear of failure.

- **Pacing & Leading:** "You already know how to focus... and as you focus now, you feel how naturally your comprehension grows."
- **Embedded Commands:** "You absorb every word," "You trust your inner library," "You allow learning to flow effortlessly."
- **Merging:** Feel your identity as a dedicated security professional—someone others depend on—merging smoothly with your identity as a committed student. You are dependable, capable, and focused in every role you play.