



### **This STOP sign is a Pattern Interrupt Neuro Tool**

Use this tool when you find yourself caught up in negative thoughts, memories and patterns that trigger fear.

1. Pull the STOP sign up to your face and yell STOP.
2. Repeat over and over – more intensity with each repetition.
3. Keep going until your mind has broken the negative pattern.
4. Follow with a Pivot and Anchor Neuro Tool.



## **This YES sign is an Anchor Neuro Tool**

Use this tool when you want to reinforce  
a vision or experience.

1. Hold the YES sign in your left hand
2. Do a finger roll with your right hand – I CAN, I WILL, I AM YES
3. Bring the YES sign up to your face – pump your fist and say YES
4. Repeat over and over until you feel a shift of energy