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## Outcome Intervention

1. What do you want? (Positive, controlled by client, specific sensory based, small chunk size) What specifically will that do for you?
2. How will you know when you have it?
3. Where, when, and with whom do you want it? (Sensory based and ecological)  
How will this affect other aspects (or people) in your life?
4. What stops you from having this already?
5. What resources do you already have that will help you obtain your outcome?
6. What additional resources do you need to obtain it?
7. How are you going to get there? First step-----Be specific and achievable
8. Is there more than one way to get there?

## Outcome Intervention Instructions

The Outcome Intervention is an excellent tool to use in your pre-talk with clients.

The questions form a natural progression through the Meta Pattern.

- Associate into the problem
- Dissociate from the problem
- Associate into a resource state
- Copy the resource onto the problem state.

As you are dissociating the client from the problem state, you can ask any of the “personal trance word” questions from the **Hypnotist Tracking Form**. The “break state” or different line of questioning takes the client out of the problem and automatically moves them into a different state.

While breaking up the limited thinking from the problem state, you also elicit personal trance words or “value words” to be used later in the change work or hypnosis process to solidify the change.

Begin by asking the questions as they are...and after becoming familiar with the process, you can easily use these questions in conversation as you are building rapport and gathering client information.

During conversation, you can also track the non-verbal signals from your client in the form of body language and voice inflection and tempo.