# **PROTOCOL : The Stable Rock**

**Objective** : install, anchor a positive experience of change

=> 1st step : T asks the questions to P, and P seeks for the answers and keep them to himself

=> 2nd step : T asks the questions to P, and P anwers aloud this time

1. Find a **POSITIVE EXPERIENCE of change**
2. What **value** is satisfied ?
3. What **belief** about life, the world is implicite ?
4. Thinking again about this experience, what makes it important to : change ? to evolve ? to heal ? to succeed ?
5. For what **purpose** ?
6. What will be reached ?
7. And what else that is even vaster ?
8. That being satisfied, what is satisfied that is even **broader** ?
9. If it was a **word**, a **picture**, an **emotion**

