



An American Board-Certified Institute of NLP & School of Hypnosis

## **States That Can Be Anchored (NLP)** **(There can be even more)**

### **Emotional States**

- Confidence
- Calmness
- Peace
- Happiness
- Joy
- Excitement
- Motivation
- Love
- Gratitude
- Courage
- Determination
- Patience
- Hope
- Curiosity
- Compassion
- Playfulness
- Passion
- Certainty
- Security
- Relaxation
- Emotional strength
- Emotional stability
- Lightness
- Emotional freedom

### **Performance & Productivity States**

- Focus
- Concentration
- Creativity
- Productivity
- Flow state
- Sharpness
- Alertness
- Presence
- Quick thinking
- Leadership
- Charisma
- Public speaking confidence
- Sales energy

- Negotiation confidence
- Decision-making clarity
- Action-taking
- Momentum
- Discipline
- Execution mode
- Consistency
- Initiative
- Strategic thinking
- Problem-solving mindset
- Drive
- Commitment
- Decisiveness
- Clarity
- Energy
- Direction
- Inspiration
- “Just Start” energy
- Productive state

#### **Spiritual States**

- Khushu
- Tawakkul
- Sabr
- Inner silence
- Spiritual connection
- Humility
- Shukr (gratitude)
- Feeling connected to Allah
- Reflection
- Sakoon
- Presence in salah
- Trust in Allah
- Emotional surrender
- Hope in Allah’s mercy

#### **Physical States**

- Energy
- Strength
- Groundedness
- Stability
- Relaxation
- Athletic readiness
- Body confidence
- Lightness in body
- Physical activation

#### **Relationship States**

- Warmth
- Empathy
- Listening mode
- Affection
- Forgiveness
- Emotional openness
- Connection
- Trust
- Compassionate presence
- Patience in communication

#### **Therapeutic / Healing States**

- Safety
- Resourcefulness
- Self-worth
- Self-acceptance
- Resilience
- Emotional regulation
- Neutrality
- Letting go
- Forgiveness
- Empowerment
- Inner child safety
- Emotional release
- Self-compassion

#### **Business & Professional States**

- Authority
- Executive presence
- Innovation
- Persuasion
- Discipline
- Persistence
- Customer empathy
- Decision power
- Calm under pressure
- High-performance mindset