



A Changers-Intervention Guideline

After you have discussed the issues / changes/goals/skills to be developed in a SMART way, initiate / introduce the Changers intervention:

☐ **The miracle cure / miracle pill question**

Let's assume, just for a moment, that there was a miracle cure that strengthened / developed all the qualities and abilities you need to overcome your problems, achieve your goals and live the life you want to live ...

And let's assume that this remedy had only positive effects ...

*Would you take it? **[Yes.]** OK, then I have something for you ...*

Show a tube and a few Changers and explain the principle:

Together, we are now going to develop an individual, medicine-like preparation, a kind of psychological autosuggestive that will help you to ... (use the positive target keywords)

☐ **Ready? Where shall we start?**

Are you ready to develop/tailor your changers with me...? [Yes.]

Where would you like to start? With an image/symbol, preparation name or effects?

☐ **aspired effects**

What are the three (main) effects of preparation XY? (increases / promotes / makes ...)

- 1.
- 2.
- 3.

☐ **aspired side effects**

What are the three positive side effects? (as "nice to have", on top, good side effect)

- 1.
- 2.
- 3.

☐ **aspired long-term effects**

Let's assume we meet again in __ months, preparation XY has done its job and you have stopped taking it because you no longer need it... what will be different in __ months?

What are the three positive long-term effects?

- 1.
- 2.
- 3.



☐ **The image**

When you think of [goal / change / ability], what image / symbol comes to mind?
An image / photo that you may already have, can paint or generate with AI
(e.g. from nature [animal, plant, landscape] or a colour, shape, situation, a sentence).

☐ **Name + Suffix**

What would be a good name for your preparation/your changers?
If your client is having difficulty finding a name, give them a helping hand and joke around a little with them about possible names:
Medicines often end in: "in" / "phen" / "zym" / "al" / "xan" / "en" / "ax" / "ex" / "med"
(Use [google translate](#), [deepl](#), to find Latin words. Give example names if necessary.)

Most preparations have a suffix (mode of action):
acute / extended release / forte / complex / plus / depot / express.
Can also be individual = non-medical (feather-light, extra clear)
And a number (for its strength): 400 / 800 / 1000 ...

☐ **Dosage / period of intake**

Dosage: When / how often (per day) will you take preparation XY to achieve the best possible effect? ___ / ___ / ___ / as needed.
For how long, until you no longer need it? (30 / 60 / 90 pack)

☐ **Intake procedure**

Where are your changers?
And how exactly do you take them?
Just swallow or with a little time, mindfully, consciously and contemplatively?

☐ **overdosage**

Supposed you accidentally took 2-3 at once, ...
what could happen in the best case / worst case scenario? 😊

☐ **Colour stripes:**

red, grey, green, orange, blue, yellow, purple or black?
Please specify other colours in the comments field when placing your order.

☐ **completion:**

- ☐ I will email you the text for the label (please check), and you will email me the image.
- ☐ Shipping address:
- ☐ Please take as discussed / prescribed. How shall we proceed? Next appointment?

After receiving the image and any text corrections, place the order for the client at:
www.mind-changers.de/en/pro