

**ASSESSMENT # 5**

**Total Marks: 30**

**Answer the following Questions:**

- Q:1.** What is Anchoring in NLP? Outline the steps for creating a basic anchor? 10
- Q:2.** Describe the following anchoring techniques ? 10
- i. Collapsing Anchors
  - ii. Chaining Anchors
- Q:3.** What is 7±2 Rule of holding chunks of information? 10