



Basic NLP Techniques you can use NOW

Neuro = NEUROLOGY The physical components as well as the mental and emotional components of our neurology

Linguistic = LANGUAGE Linguistics pertains to the language that you use, and more specifically, how you communicate with others and more importantly, how you communicate with yourself

Programming = FUNCTION Perceiving your mind as your internal operating system, Programming is the way our past experiences, thoughts and emotions affect all areas of our lives.

NLP stands for 'Neuro Linguistic Programming' and has been around since 1970's when its co-founders, Richard Bandler and John Grinder first modelled the therapists Milton Erickson, Gregory Bateson, Fritz Perls and Virginia Satir.

Neuro-linguistic programming studies the ways our thoughts affect our behavior. It looks at the ways our brains interpret the signals they receive and how these interpretations affect what we do. It does this through language – the linguistic part of neuro-linguistic programming techniques.

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NLP Swish Technique

The NLP Swish technique is an NLP technique to change how we think, feel and act. It's an effective and efficient sub modality change. It's a way of telling our brains, "NOT THAT, THIS", and replacing something we don't want with something we do want.

In summary, the Swish Pattern is a highly effective process for great impact within a short time frame.

The NLP Swish Pattern is used to break limiting behaviors or unwanted habits. The method involves imagining both an undesirable or triggering situation, and a version of the same

situation if everything goes perfectly. You then "swish" the two images so that the desirable version takes up more space in your mind's eye. This article will walk you through the process of the "swish".

Example: NLP Swish Process (this is one of many ways to do an effective Swish technique)
Identify the trigger for the unwanted response or behavior. Think back to the last time you did the habit or behavior. How did you know it was time to do it? When Marnie traced back the last time she ate chocolate in front of the TV, she noticed the trigger was the time on the clock. Picture the trigger as though you are seeing it through your own eyes (associated)
What are the critical or driving sub modalities – what makes the image less compelling? Does graying out the image make it less compulsive? Maybe sending it further into the distance causes it to lose its charge.

Develop a desired image of yourself (dissociated). What does this new you who would not have this problem look like? What does he/she sound like? What is the breathing and posture like? What makes this representation more compelling and exciting? Does bringing it closer, making it more colorful increase the desirability? Maybe some music, movement or a particular setting intensifies the attraction.

Ecology check – listen carefully for any objections or concerns about changing the behavior and moving towards this desired self-image.

Have the cue picture close and colorful and the desired image small and dark in the center or bottom of the image

Explode the desired image, and at the same time fade and shrink the unpleasant cue image while making a swish sound – swiiiiisssshhhh. Hold this image for a few seconds, intensifying its attractive qualities

Break state by blanking out the screen – this is important. You do not want to swish back to the undesired picture. It goes in only one direction.

Repeat from step 4 quickly several times (at least three is usually required)

Test it out – does thinking about the old cue picture immediately bring to mind the desired outcome picture?

Dissociation

The dissociation technique can help you manage negative feelings that may arise in certain situations. It enables you to look at those feelings objectively and see the situation from an unemotional, analytical point of view. For example, if interviews make you anxious, dissociation can help you separate your feelings from the interview environment and feel more relaxed.

To practice dissociation:

Recall a situation when you had negative feelings.

Imagine yourself floating outside your body and watching that memory from a distance, perhaps on a television or movie theater screen. You become an outsider.

Notice how your feelings change as you view the situation objectively.

To intensify the effect, you can imagine yourself floating and watching your other body as it floats.

Basically, you look at yourself that's looking at yourself. This double disassociation may help remove an

Anchoring

Anchoring is a technique by which you associate a feeling or emotion with a physical act, phrase or sensation. Once you create that association, whenever you need to reproduce those feelings or emotions, you perform the associated action.

For example, you might associate repeating the words "good job" with a feeling of calm. You may be anxious about a performance meeting with your boss. Before the meeting, repeat the words to yourself to immediately feel more relaxed. Another possible anchoring use is to lighten your mood if you are feeling sad or depressed.

To create the association between a feeling or emotion and a physical action:

Decide what feeling you want to reproduce.

Choose an action or phrase you want to use to trigger that feeling. It needs to be something you do to yourself, such as pulling an earlobe, squeezing a finger or mentally repeating a phrase or word.

Think back to a time when you had the feeling you want to reproduce. It must be a time when you felt this emotion very strongly. The memory needs to be vivid for the anchoring to work.

Perform the action when you start to feel a negative emotion and stop when the feeling begins to subside. This creates a neurological stimulus-response triggered by your action.

Repeat this five times to anchor the action with the emotion. You can increase the intensity of the feeling by using different memories that are equally strong or stronger each time.

Use this technique any time you want to change your mood.

Reframing

Reframing allows you to take a negative situation and change your view so you can see something positive. There are many ways to reframe, including content reframing and context reframing. Content reframing lets you look at the substance of the situation and try to see it from a different perspective. For example, your manager reduces your hours at work. Instead of focusing on the loss of time and money, consider the time you now have to spend with family or to look for a better job.

Context reframing allows you to view a potentially negative situation in a context that shows its positive benefits. This helps you see how something that seems negative might be positive under different circumstances. For example, you may tend to see only the possible problems with things. This can be a roadblock to building relationships or completing tasks. However, in the context of troubleshooting a problem or testing products and ideas, that characteristic can be of great benefit to a business.

Belief change

You can use the belief change technique to help you change a negative, limiting belief into a positive, empowering one. Limiting beliefs are beliefs you hold that prevent you from doing something you would otherwise like to do. For example, you may believe you will never succeed in your job. This belief can hold you back from asking for promotions or volunteering for projects that advance your career.

There are a couple of ways to change a limiting belief. One way is to challenge the presuppositions, or underlying assumptions you are making about that belief. Using the example above, you are assuming you know the future, so you are certain you will never succeed. You use that fact to undermine your confidence in your limiting belief. However, you also know you can't see into the future, so it's possible to prove yourself wrong.

Another method involves using visualization to diminish the power of your limiting belief and enhance the power of a preferred positive belief:

Think of a belief you don't yet hold but would like to such as "I can succeed in my job."

Next, think of a belief you know is true such as "My coffee is wet."

Then, think of a belief that you don't care whether it is true, perhaps something you read or heard about in the news.

Think about each belief and imagine a picture, a sound or a feeling that goes with each one. Pay attention to the size of the picture, the volume of the noise or the intensity of the feeling. Associate the belief you want to hold with the picture, sound or feeling that goes with a belief about which you don't care.

Quickly move that belief to the picture, sound or feeling that goes with the belief you know to be true. This can strengthen your conviction about that belief you want to hold.

OTHER TECHNIQUES EASY TO APPLY IN HYPNOSIS:

CIRCLE OF EXCELLENCE

BOARD ROOM