

How to re-programme your life with NLP

WHAT DOES NLP STAND FOR?

Neuro Linguistic Programming provides a model that enhances and defines.

NEURO

Your thinking processes, the way you use your sense of sight, hearing, feeling, taste and smell to understand what is happening around you.

LINGUISTIC

Your words, how you articulate language and how it influences those around you.

PROGRAMMING

Your behaviour and how you organise your ideas and actions, which then produce results.

WHAT IS NEURO LINGUISTIC PROGRAMMING?

NLP was first introduced by Doctors Richard Bandler and John Grinder in the mid 1970s. Its popularity has since exploded and it is used worldwide in the fields of personal development, commerce, communication and psychotherapy.

It has been linked closely to Hypnosis and I am sure, as you read on, you will notice similarities described in last month's article, Hypnotherapy: Magic or Myth?

We looked very closely at the subconscious in the last count, so I am sure when I say NLP empowers your subconscious to implement new and more appropriate behaviours, and gives you greater choices which previously hadn't existed, it may sound familiar. However on this occasion I am referring to NLP and I am sure you will see the similarities.

In the same way, we can eliminate a destructive behaviour pattern, which ultimately frees us from painful and destructive habits and responses. Some of these include panic attacks, depression, addictions, stress, phobias and chronic fatigue.

Every patient can have a series of treatments specifically tailored to their individual requirements and can be continually evaluated during their improving state of health.



SOME BASIC NLP PRINCIPLES THAT CAN HELP US ALL

MODELLING

When Bandler and Grinder set out on their NLP journey all those years ago, their mission was to discover how certain therapists managed to get the excellent results they achieved with their clients. They then wanted to share this best practice with the rest of the medical community, with a view to raising the general standard of therapy and producing better results all round. They studied the likes of Milton Erickson who was a famous hypnotherapist, amongst others.

Today we call this modelling. Modelling nowadays looks at how and why certain people excel, and how we can share and replicate and eventually teach those methods to others. Studies include the mental approach, how we prepare, what's going through our minds at the time, and how we output this information and turn it into successful action.

We call this "the difference that makes the difference"

WE HAVE THE RESOURCES TO ACHIEVE ANYTHING WE WANT

We have all achieved success at some point in our lives. NLP suggests we simply have to recall and revisit how we did so and transfer this success to any present day challenges. We all have positive anchors in our life experience and it is important we remember these, in order to maintain our levels of self confidence and the ability to continually move forwards. The more positive anchors we can achieve the more resourceful we will become.

THERE IS NO FAILURE ONLY FEEDBACK

Life is a rollercoaster of challenges, experiences, and life changing events. How many times every week are we beating ourselves up over a sale we didn't close, a job we didn't get, or a debate we didn't win? If we have this approach, we judge ourselves on our results alone; our minds and neurology will be continually under pressure and striving to win all the time at any cost. NLP principles guide us to acknowledge that the success of a particular initiative should be judged by what we have learned and can do differently in the future, as opposed to what we have achieved. Therefore meaningful feedback is what we receive and learn from, rather than failure.

THE MAP IS NOT THE TERRITORY

This, in my experience is the most famous NLP principle of them all, but what does it mean? I think on the whole it is self explanatory. We all see things differently, although we may all be looking at the same car, or house etc. We have to remember and respect everyone's map is different and unique. We could all read the same book or see the same film but come out with a completely different understanding or perception.

The art is to think of everyone whom you know or come into contact with at work. Managers, colleagues, staff, customers, competitors, and business partners etc. How might their maps differ from yours. See if you can put all the different perceptions together and view the world through their eyes. If you can do this successfully, the world can be yours.

FROM BELIEFS TO ACTION

NLP assumes our beliefs are the assumptions we make about ourselves, about other people and about how we expect things to be. We base our behaviour and thought patterns on these assumptions. Therefore our decisions are often based on our emotions rather than facts. We tend to notice the facts and re enforce the beliefs. Hence the term "self fulfilling prophecy"; what you believe about yourself and what will happen to you, will.

NLP HOW CAN IT HELP YOU.

NLP is used in clinics all over the world to help patients with a multitude of different issues. It is often linked with hypnosis and there is now a defined study and qualification route to practice, master, and eventually teach and train NLP to others.

On a regular basis, I have used NLP in my Channel Islands clinic, where I found it particularly useful when dealing with specific fears, anxieties, and phobias, as well as for handling addictions, such as smoking and drinking.

We have simply touched the surface however; there are numerous techniques designed to improve our mental approach to life, how we deal with the information we input, and how we turn our inputs into successful and meaningful outputs.

All of these are in the kit bag of a good qualified NLP practitioner, ready to help their clients and themselves to face the future feeling resourceful and confident with the challenges that lie ahead.

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