

NLP PRESUPPOSITION – ATTITUDES & EMPOWERING BELIEFS FOR HEALTH & SUCCESS

Presuppositions = “Useful” beliefs to live by. If you accept and act “as if” they are true, your life might change significantly....

1. **We respond to our map of reality, not to reality itself “*The map is not the territory*”.** NLP is the science of changing these maps (not reality). By changing the map, it’s possible to change our lives for the better. Also remember other people see the same experiences through a *very* different map.
2. **The meaning of communication lies in its response.** Communication is not about saying the *right* words but about the reaction of the listener. What is your listener’s map like? What do they value, sort for, believe in?
3. **There is no such thing as failure, only feedback.** If you don’t get it right the first time, then you are just not there “yet”. Focus on persistence, learning and growth; not getting it perfect the first time and every time.
4. **You are NOT your behavior / What you do is not the same as who you are.** To judge or measure self-worth from our actions/ results will make us doubt ourselves and our worth and force us to continually prove ourselves. Separate your behavior from your identity.
5. **Being flexible insures the highest chance of success.** To be willing to experiment, find other choices and be flexible in your thinking will likely help you achieve your goal.
6. **People always make the best choice available to them at the time.** However, there may be a wealth of better ones that we haven’t explored yet or wasn’t available to us back then.
7. **Every behavior has a positive intent.** Don’t just focus on the behavior; seek to understand the highest intention, purpose and reason - What where you wanting by doing that?
8. **No unresourceful people, only unresourceful states.** And there are no unworthy / unlovable people. We can choose, if we desire, to change the state or action we don’t like.
9. **Choice is better than no choice.** One option amounts to no option; two options may present a dilemma (conflict, regret); three or more options give you a lot of control (flexibility) to achieve your goals.
10. **Energy flows where attention goes.** Your subconscious will move towards what you are clear about and away from confusion be it negative or positive. Be *very clear* of your desired outcomes rather than worry and envision the worse things that could happen.
11. **Experience has structure** with identifiable patterns (internally and externally). Use the structures that work and modify those that don’t.
12. **Anyone can do anything.** If one person can do something, it is possible to model it and teach it to anyone else.
13. **Chunking.** Anything can be accomplished (by anyone) if you break the task down into small enough chunks. “How do you eat an elephant?” “One bite at a time.”
14. **We all have all the resources we need to succeed or we can create them.** What we need is access to these resources at appropriate times and places.
15. **You work perfectly to produce the results you are getting.** You are not wrong or broken; finding out how you function *now*, and how you’d need to function to produce the result you desire.
16. **Symptoms** (pains, anxiety, depression, tumors, colds, etc) **are communications about needed action.** Mind and body are one system. Whatever happens to one affects the other. It is not possible to change one without changing the other.