

Putting the NLP Presuppositions to Work

How can I make these Presuppositions, or Operating Principles, Personal?

Consider each of the statements below from a generic or global perspective, and then apply them to yourself, making each personal. You might frame this as a "What If ..." exploration. Contrast and compare.

Then to further explore and solidify the usefulness of each statement, imagine the opposite. For example, instead of presupposing, "There is no such thing as failure, only feedback", what if you acted as if "It is all failure; forget feedback". Now you can imagine walking through an entire day where you hold this opposite statement as your operating principle, as if "... all is failure ..." were true. Which works better?

What if ... Experience has structure – What if ... "All my experience has structure."

1. People are like map makers. – *"I make maps of whatever I experience."*
2. People's maps are made of pictures, sounds, feelings, tastes and smells. –
"My maps are made of my pictures, sounds, feelings, tastes and smells."
3. The map is not the territory. – *"My map is not the territory."*
4. People respond to their maps of reality, not to reality. –
"I respond to my maps of reality, not to reality."
5. If you change your map, then you'll change your emotional state. –
"If I change my map, then I'll change my emotional state."
6. Some maps are out of awareness. – *"I am unaware of some of my maps."*
7. Behind every behavior is a positive intention. –
"I have a positive intention behind everything I do, think and imagine."
8. Choice is better than no choice. – *"Having choice is better for me than having no choice."*
9. People always make the best choices available to them. –
"I always make the best choices available to me, given the information I have."
10. The most flexible element in any system can most influence that system. –
"The most flexible element in my world can most influence my world."
11. Communication is redundant. –
"I communicate with myself and others in all my representational systems."
12. The meaning of a communication is the response it elicits. –
"The meaning of my communication is the response I receive, regardless of my intention."
13. People work perfectly to produce the results they're getting. –
"I work perfectly to produce the results I'm getting."
14. Every behavior is useful in some context. –
"Every one of my behaviors is useful in some context."
15. Anyone can do anything. – *"I can model anything anyone else does."*
16. Chunking: small chunks to learn big things. –
"I can learn big things by breaking it into small chunks."
17. People already have all the resources they need. –
"I already have all the resources I need to create the outcomes I want."
18. There is no such thing as failure, only feedback. – *"I never fail; I am simply noticing feedback."*
19. The quality of our lives is determined by the quality of our communication. –
"The quality of my life is determined by the quality of my communication."
20. Mind and body are part of the same system and impact each other. –
"My mind and body are part of the same system and impact each other."

For more information on NLP, or to set up an individual session, contact joytechconnect@yahoo.com.