

# Just the facts about.. NLP

## Fact 1 – What is NLP and what can it

NLP stands for Neuro Linguistic Programming a terrible title for an amazing set of techniques for assisting change. This fact sheet is intended to give you a better, though simplified understanding of NLP.

Everything we think about and do involves the use of our senses, although most of the time we are not conscious of how we are using them. For example, if someone is dreading a forthcoming event or activity, they will have created a sequence of images, sounds, conversations, including self-talk. Negative feelings will be the result, noticed perhaps as shallow breathing, or stomach tension, or tightness in the chest.

Try this. Recall a very happy memory and relive it for a moment. You re-created tastes, or smells, sounds or images and physical sensations in various combinations as you savoured the memory. You didn't just think about the event you used your senses to relive it. It would be almost impossible to have negative feelings about a positive experience, like that happy memory.

Once you become aware that you have to involve your senses in any thought process, you discover that you can change the intensity of those sensory experiences. Dulling or brightening an image, changing the volume or tone of a recalled sound. You soon discover that you can even change the location of the sounds and images you have created. It is amazing to discover that changing one small detail can produce an astonishing difference to the experience. This is the very basis of NLP and there are numerous special techniques for bringing about lasting change.

### Frequently Asked Questions

**What sort of changes can be made with NLP?** Supporting weight loss, improving over eating and sleep habits, removing life-long phobias, increasing self esteem and confidence; developing rapport skills for improved communication and relationships; improving learning techniques; improving spelling; eliminating allergies; self assertiveness, decision making; resolving grief, and many other issues.

**Is NLP like hypnosis?** There are many close links, including the style of language sometimes used by the NLP practitioner (strange grammar). The client will sometimes focus their attention so that they filter out much of what is happening around them, although they are fully conscious. Unlike hypnosis, the client is not induced to a deeply relaxed (hypnotic) state although they may some times prefer to close their eyes as they think.

**Does NLP require long-term treatments?** No, it is a form of brief therapy and often requires as few as one or two sessions, although some issues need more