



FREE YOUR MIND!

Are you really
running your own brain?




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Running Your Own Brain

Defining NLP

NLP (Neuro-Linguistic Programming) could be defined as 'the psychology of excellence and the science of change'. An NLP Practitioner could be described as 'an agent for change'.

The 3 keys to "Running your own brain":

-  Understanding limiting beliefs and how they get installed
-  Re-wiring your own brain
-  Getting back in the driving seat of your business and your life

We create our own realities from the beliefs that we hold. If we believe something to be true we will collect evidence to support this belief and filter out or excuse anything that challenges that belief.

What is a Limiting Belief?

There are a number of different types of belief, for example:

- Self belief – any belief we hold about ourselves and our self worth.
- Operational beliefs – any belief that we hold that shapes the way we interact with the world.
- Global beliefs – beliefs about the wider world for example; "All men are...."

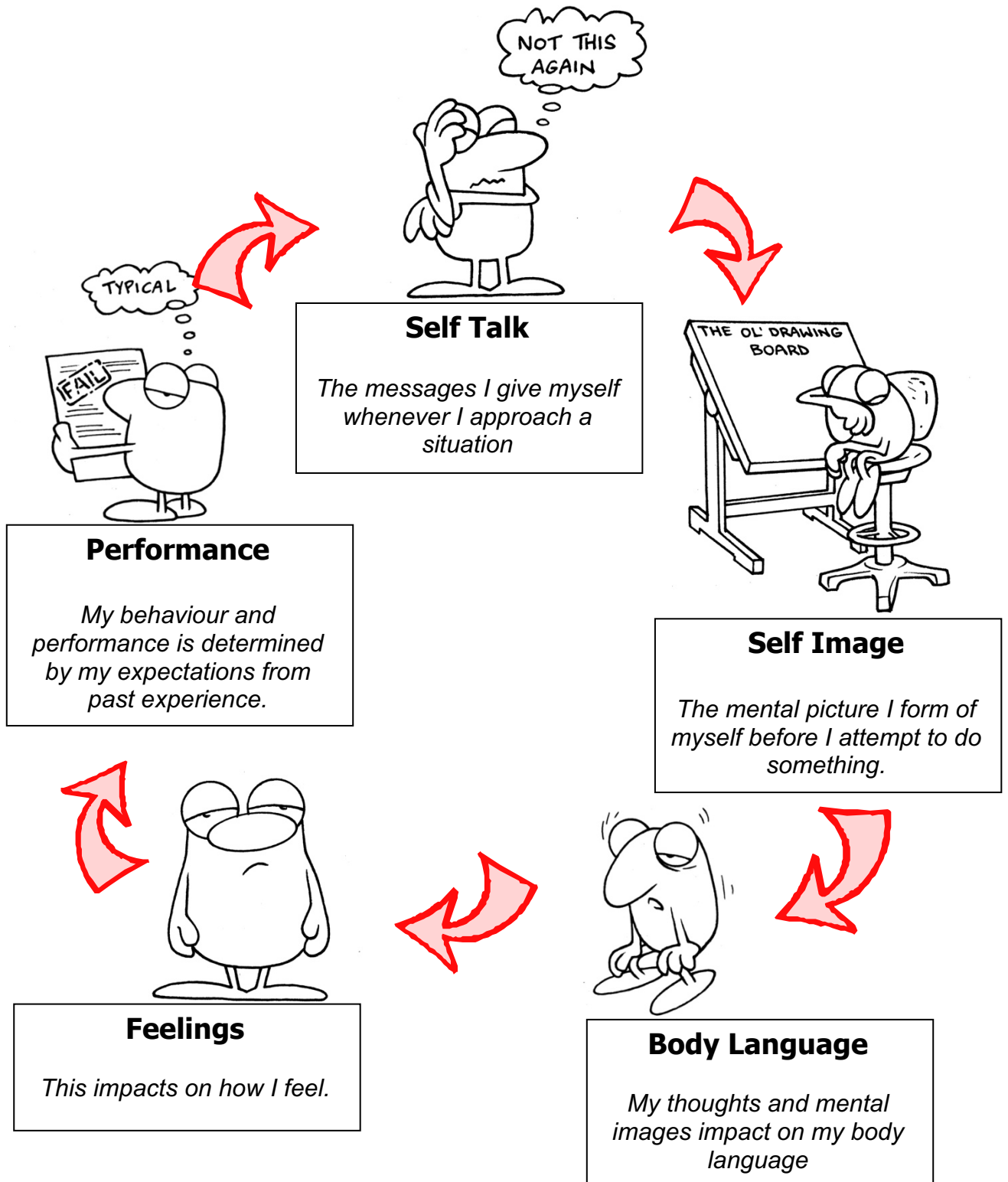
A limiting belief is any belief we hold about ourselves or the world that prevents us from living our lives to the full.

Why do we keep our Limiting Beliefs?

We don't just keep our limiting beliefs, we actively defend them. Our beliefs are programmed into us just like software on a computer. It is time to re-write the programme, but before we do that we need to understand how we defend our beliefs.

In our minds we run self-fulfilling prophecies all the time it starts with the self-talk, the messages that we give to ourselves. We are just as likely to defend a negative belief as a positive one.

Self Talk Cycle: The Self Fulfilling Prophecy



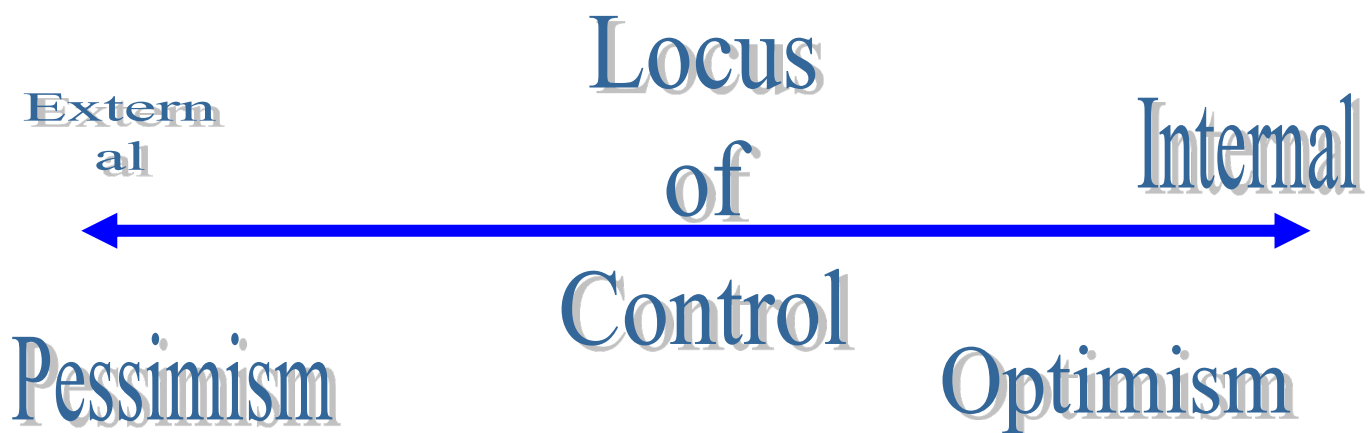
The Power of Focus

Write down five positive things that have happened to you since Saturday

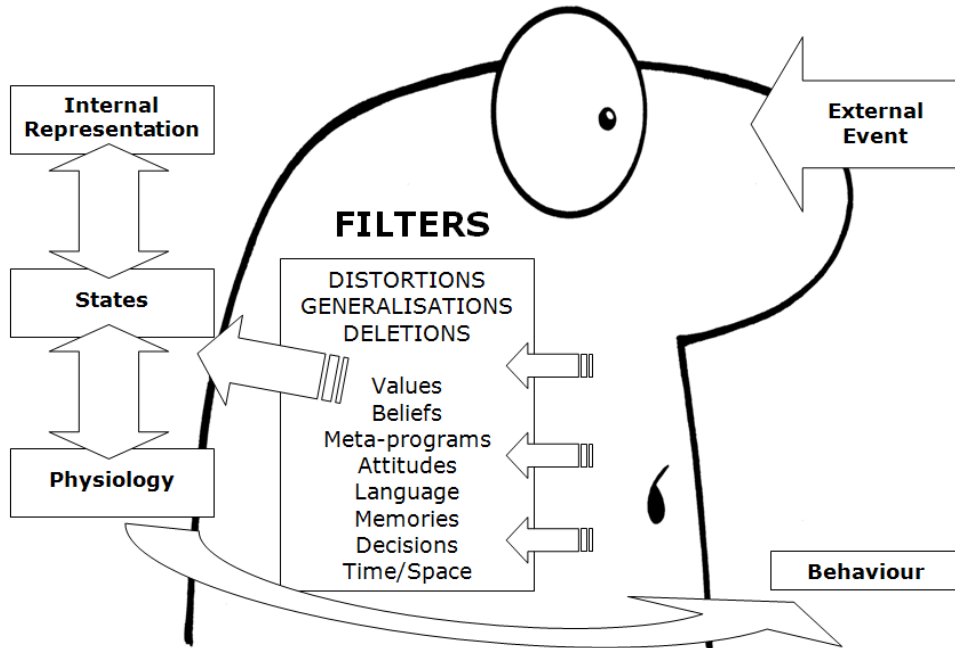


Pessimism and optimism are not discrete categories, they are opposite ends of a continuum. Most people have good days and bad days, often external things influence where we are on the continuum. For instance, many people feel more optimistic when the sun is shining.

Another continuum connected to this is Locus of Control. With this continuum the opposite ends are external and internal locus of control. These in turn relate to optimism and pessimism. If you have an external locus of control you believe that you have no power over the events that happen in your life. This is rather like the person who believes in fate to the extent that everything is written in the stars and nothing can be changed. The extreme internal locus of control means a person believes they have 100% control over their own life.

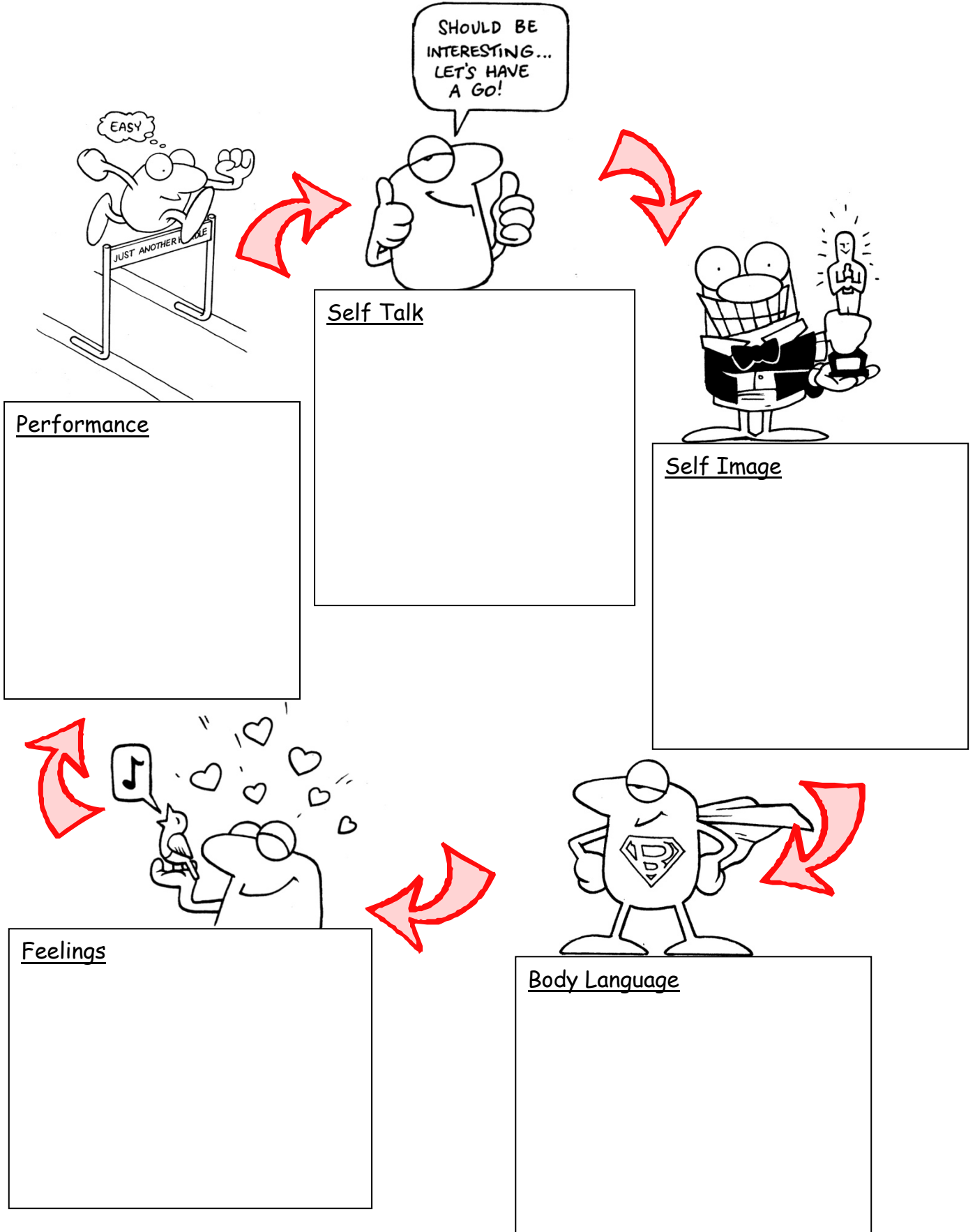


The attitude we adopt has a direct impact on the level of happiness that we experience in our lives. It is possible to increase our optimism and internal locus of control and we will be exploring a few of the ways of doing that today. Before we do that it will be important to examine our personal filters and how we relate to others.



Consider the picture below:

The Self Fulfilling Prophecy (Activity)



Breaking the Self-Fulfilling Prophecy

The following ideas are just a few of the many ways you can start re-wiring your own brain. There are many additional ways to do this using NLP techniques. To find out more download our free MP3 audio from www.gwizlearning.com

Sensible Questions

Have you noticed how often we ask ourselves rhetorical questions? It is almost as if we expect someone to answer! Whenever we do this our unconscious mind does in fact do its best to find an answer for us. For example, I wonder how many of you ask questions like "why me?" when things don't go to plan?

This is an example of a stupid question. Our unconscious mind goes off trying to find an answer and when it can't find one suggests (all at an unconscious level) that we have another go at the situation so we can try to find the answer. This explains the way we seem to experience certain things over and over again. It is as if we can't move on until we find an answer.

My suggestion is that we consider asking our unconscious sensible questions instead. For instance:

"What can I learn from this?"

"What could I do differently?"
or

"What's really funny about this right now?"

You know that saying, "one day you'll look back on this and laugh!" Well, why wait for one day? All of these questions put you in a better frame of mind and allow you to tackle life's challenges more effectively.

Reframing

Reframing is a technique used in Neuro-linguistic programming (NLP). It involves re-phrasing words or attitudes by turning negatives into positives. In doing this you are able to look at your life from a different angle. This will often mean that your feelings about a situation will change allowing you to be more creative in the way you handle life's obstacles. In many ways reframing can be regarded as a shift in perception powered by the use of language. The very words we use to describe a situation will affect how we feel about it and how likely we are to reach a satisfactory outcome.

Look at the following examples of negative words and their positive alternatives and consider how they could affect how you feel.

Negative **Positive**

Should
Ought
Must

Yes but.....
Problem
Difficulty
Trouble
Try

I could
I want to
I will
I need
Yes and.....
Challenge
Opportunity

I will/ I won't

Sometimes we end up with negative associations for the more positive words when we have experienced them being misused. For instance, sometimes people use them to try and manipulate people by calling something a challenge when it is merely that they wish to dump an unpleasant job on you! What matters here is for you to get in the practice of using positive language in the way you communicate with yourself and others. Doing this in a positive way allows you to keep your focus on the positive.

Pattern Interrupts

Finally we used one example of a pattern interrupt. A pattern interrupt scrambles our thought processes so that we can interrupt negative trains of thought or behaviour. On the workshop we discussed a verbal version of this. When you notice your internal chatter box giving you unhelpful messages say to it:

"STOP!"

Mental Rehearsal

1. Identify a behaviour to work on.
2. Write down all the disadvantages of your current behaviour, (this is to give the unconscious a good reason to change).
3. Generate some options and then choose your favoured method.
4. Write down the advantages of the new behaviour.
5. Do the mental rehearsal.

Mental Rehearsal Exercise

- Close your eyes.
- Imagine yourself in the situation.
- Imagine everything happening the way you would like it to.
- See yourself easily and effortlessly, overcoming any barriers or obstacles that may arise.

Free your mind!

- Imagine the situation coming to a successful and satisfying conclusion.
- End by imagining some form of celebration or appreciation of your success.

Body Language and Feelings

The quickest way to get a change of state in any situation is to move your body differently and breathe more consciously. Most people are familiar with the idea of standing up when on the telephone to handle a difficult caller. This principle works for any other situation just as well.

In Summary

Remember, it has taken you a long time to install and maintain your limiting beliefs, changing them will also take some time and effort. The more methods you apply the quicker you will see results.

One early result can be that you seem to receive an increase in the amount of evidence supporting your negative belief. This is a good sign. It means you are challenging your boundaries, stick to it and you will be able to move forward.

Recommended Reading

The Little Book of Resilience
The Relationship Dance
Becoming Happy
Heart of the Mind
Core Transformation
Feel The Fear And Do It Anyway
Being Happy
Follow Your Heart
Giant Steps

Joe & Melody Cheal
Joe & Melody Cheal
Melody Cheal
Connirae & Steve Andreas
Connierae Andreas
Susan Jefferies
Matthews A.
Matthews, A.
Anthony Robbins

Core Transformations 4th to 6th December 2023

<https://www.gwizlearning.com/events/the-core-transformation-process/>

