



NLP Essentials

Introductory guide to
Neuro Linguistic Programming



Filip De Pessemier

Filip De Pessemier

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Life Improvement Boot Camp is created to help people genuinely improve their life. The topics handled are distilled from questions and experiences I encountered in my personal coaching and organizational consultant business. I love to help people to become more confident, to get a better job, communicate better, to handle things differently, to become happier, feeling more secure, become more focused clearly seeing the end goal, feeling less stressed and generally more comfortable,

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What Is NLP?

NLP or the Neuro Linguistic Programming is an education program that involves both human senses and their communication methods. This can greatly help you in developing new essential behaviors and habits. This is all about learning prejudiced experiences. It can also be about discovering how individuals create their experiences inside their mind and how can you exactly go after developing new learning and behaviors that can be very necessary to enhance your living.

This programming is one of a kind as compared to various studies with regards to the behavior of human since it is focused on replicating and learning talents. This only means that mastering the NLP program can greatly help individuals in developing themselves into more determined and responsible person. This can also help you in using and further developing your mental and physical talent. These factors can further develop your self confidence and this can greatly help you in finding the career niche that you should pursuit.

NLP pertains to neuro and linguistic areas in the life of individuals since it includes essential components in fabricating necessary human experience when it comes to language and neurology. It also involves planned thoughts as well as a learning of the psychological cognitive practices behind the behavior. It also provides the necessary skills and tools for the development of states of excellence in people, yet it also set up a system of giving power to presumptions and thoughts with regards to what people are and what communication really is.

NLP or Neuro Linguistic Programming can also be about self-discovery that can allow you to further determine in which niche you will succeed. In human's life, it is quite unavoidable to be doubtful which career you like, which profession you will learn, which job you will have or what business you will start. In this case, NLP can be vital for you since it can lead you to discovering your real place in this world. Some individuals usually stick to their profession or careers even if they are not a hundred percent happy and satisfied with it. Well, it is because of the fact that they need the job to survive from tough economic condition.

Learning NLP can lead you to discover the career, profession or business that you will start. And it is always along with the best possible ways in achieving your goals. Through NLP, an individual can also realize that anyone can achieve whatever he or she wanted as long as they are determined, skilled, and motivated enough. In doing so, they can never get themselves down once they are following an essential step to step process towards the peak of their goals.

NLP can play a vital role in one's life, so if you wanted to find the profession or career in which you can feel happiness and satisfaction or does it feel important

to you to get out of your shell, then it might be a god idea to dig a bit deeper into the NLP scene. Imagine being jailed or being stuck up to some place, can you imagine how boring and dull it is? This is how you will be boring once you don't consider discovering your most inner part at the same time as when you never consider learning how to effectively communicate with the people around you.

This way, you can never explain your side and you can not even do the real things that you wanted to do. Instead, you will prefer things that are not exactly your choice but the choice of other people for you. In this case, you are more likely living your life for other people or person which is definitely not fair at all.

Why NLP Works For Selp-Help?

NLP can be a great help to people to develop self confidence and to succeed in their venture. It is a great training that extensively involves communication which is very important at all times. Every person varies from each other when it comes to attitude, limitations, and even skills and knowledge. Thus, there are individuals who seldom show their own selves in public and just prefer to limit themselves to this very specific lifestyle.

Every person has to make it a point that they have clear and sound communication with others, probably with their friends and family so that they can perfectly realize the things that they should need to work out and the things that they should need to get rid of. However, there are instances that a person can't be good in formulating great, concise and clear words for communication hence they cannot afford to voice it out; and this exactly answers why NLP works and help people develop self confidence.

Few individuals say that they fully know themselves. Well, the truth is that every individual should not stop discovering various things about them as much as they are discovering various facts and things in reality. This thing is unstoppable or limitless, therefore you can consider realizing the things that you can do, can say, can see, and can feel further.

These days, people have to be wise and should enhance their skills in communicating with others. If you think that you can't then you can at least start communicating via chat, mails, or emails which you would likely begin writing your thoughts. Then later, you should try to talk about it, maybe with the people you are fond of first so that you can get use to it. Later on, you will just realize that you are half way to your goals and you are very good in communication.

Using NLP to Overcome Barriers...

As mentioned before, communication plays a great role in the success of every individual, and this is one of the facts which greatly explain the importance of NLP. It can help you to express yourself and to make other people understand you better. Well, anyone for that matter that wants to be heard and understood especially if they wanted something that is really hard to acquire.

On the other hand, NLP has also great roles when it comes to conquering mental barriers. There are times when most individuals forbid themselves (actually sabotaging themselves) to speak or explain for themselves and prefer to just let other people judge them and say something for them. Well in fact, they can actually do a favor for themselves by being able to express their own. Thus, the following are some of the instances in which NLP could prove its benefits when it comes to conquering mental barriers: Let me just address one of the common limiting beliefs:

Fear of acquiring failures.

This fact is quite explainable since there is no one who will want failures in life. But if you will look on the positive side of life, you will probably realize that a normal individual greatly needs failures to gain courage and guts to face all the challenges along their way. Neuro Linguistic Programming further explains to people how they can develop a mind-set to go after the things that they wanted. At the same time, they can perfectly figure out how they will face or take failures in a way that can be helpful to them. This way, they can further avoid mental barriers that involve their confidence and courage to venture in the world that they wanted to be.

Using NLP to Boost Self-Confidence...

Self-confidence is a characteristic that everyone must possess. To further define the term, it is the diversity between feeling fearful and feeling inevitable out of your intelligence. Your insight of yourself has a massive impact on how others identify you. Insight is indeed a reality. The more self-confidence that you possess, the more chances you will succeed. But there are lots of factors that affect self-confidence that are further than your control. There are numerous things that you can definitely do to build self-esteem.

Once you are lacking of self-confidence, it is definitely hard to live a life that you desire. Come to think of it, most of the successful people at present have one thing in common and it is that they believe in themselves and their capability to attain the things that they want. Even though your dream is not so high but if you do not have self belief, you will definitely not achieve it. So, if you want to gain your self confidence in order to achieve the things that you want, do the first step and use Neuro Linguistic Programming to improve your self-confidence.

Maybe you just first heard about this method today. To give you an idea about this, NLP is a divisive loom to psychotherapy and organizational change based on a model of interpersonal communication. It is primarily concerned with the relation involving successful patterns of conduct and subjective experience underpinning them.

Lack of self-confidence is indeed one of the reasons why some people think that being too confident gives pain. The common thinking that most people believe on being too confident is that others may not like them. Maybe some will feel bad towards them and most of all, if all their plans fail, they will look like a fool. These are the thoughts that push some, to better select to have lack of confidence in order for them to be appreciated by others. But, these are all fears, and as we read above, Neuro Linguistic Programming can definitely help to turn all these fears and alter them into self confidence.

Now, let's get this one into practise. Start by determining a solid inspiration for altering your practice of low self-confidence and identifying the thinking that lie at the heart of your fear of being self-assured. For instances, if you desire to have a new relationship and you are holding back because of the fear of being rejected, then you can utilize an NLP technique to let go of the ache of rejection that you are scared of and turn it into pleasure. Listed below are the thinking that you must have in order to improve your self-confidence using an NLP technique without labelling it with a fancy names, but trust me, when you are enrolling in an NLP course it will sure come up. 😊.

1. Choose a current behavior you would like to change. In this case it is having a low self-confidence or self-esteem.
2. Choose a replacement behaviour, related to our example it should be having all the self-confidence of the world
3. Close your eyes and create a square picture of seeing yourself with high self-esteem and full of self-confidence. This picture should, when you look at it, give you good feelings, the feelings you will have about yourself when you have made this change.
4. Create another square picture of seeing what it is that triggers your feelings of low self-esteem, seeing through your own eyes and having the feelings that you now have, when you have that old behavior. EXAMPLE: Seeing someone telling you that you cannot do that, or seeing yourself failing in what you want to achieve. Once you have this picture let it fade out before going to step 5.
5. Now take the picture of the "bad" "old" current behavior (seeing what you saw when it was triggered when you thought about you lacking self-confidence picture nr 4), and in the lower left hand corner of the picture, put a small dark image of you having the replacement behavior.(you, full of self confidence!! Picture nr 3)
6. Now take the big one and make it dark while taking the smaller one in the corner and making it bigger and brighter until it completely covers the

- whole thing. Then open your eyes and reorient to the room.
7. Repeat step 6 five times as rapidly as possible opening your eyes between each run.
 8. Go back and look at what used to trigger the old behavior and notice how your feelings are changed.

Now, we merely touched upon NLP and what it comprises. I can genuinely testify that studying NLP brought a lot of added value to my life. I sincerely hope I could at least trigger your interest to explore the subject further.

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Thanks for taking the time to read this.

Have a conscious day.

Filip De Pessemier