

HOW TO:
BELIEVE & CREATE
USING
NEURO LINGUISTIC
PROGRAMMING

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MODULE 6: LOGICAL LEVELS

LOGICAL OR NEUROLOGICAL LEVELS:

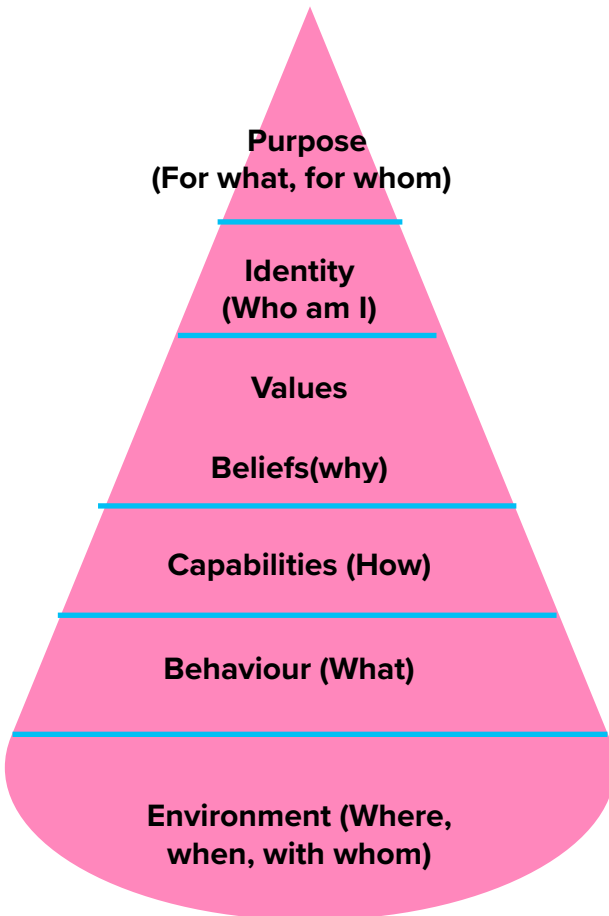
A lot of NLP work is personal change. And change usually involves not only the outward behavior but also the internal processes. It is our beliefs and values that play a big role in shifting the behavior.

For eg., when a person wants to lose weight, diet and exercises are important, but equally if not more important is the beliefs and the identity that the person holds.

Does the person holds a belief that "I am not beautiful?" Or "I am not good enough". These can have an impact when the person is trying to lose weight. The limiting beliefs are not in alignment with the behavior that the person may be showing - eating a healthy diet or going to gym. Eventually, if the beliefs do not shift, he/she may not be consistent towards the health goals. Congruence between different levels of mind will lead to a

lasting change. Inner misalignment can lead to internal conflict between the different levels of the mind.

The Neurological levels originally was a model developed by the Anthropologist Gregory Bateson and later developed by Robert Dilts.



Purpose	What is the greater purpose and how it is connected to all other living beings?
Identity & Mission	Who are you being? What is the metaphor of your being? What is your mission?
Values & Beliefs	What values do you hold when you think of the problem/issue? What is important now? What do you want to believe in? What empowering beliefs do you hold?
Capabilities	What skills are needed to fulfil the mission and stated values? What skill needs does it have? What skills are you not yet tapping into? How do you learn?
Behaviour	What are you doing? Think about your movements, actions and thoughts. How does you behavior fit into the environment? What do you need to do more/less of?
Environment	Look around you. Where are you? Who is around you? What do you notice particularly about this environment? What resource needs does it have? What external constraints does it face?

Eg..

Environment: I don't have a place to walk

Behavior: I could not wake up early to walk

Capability: I do not have the yoga skills

Belief and Values : I am not worthy. Relaxing is important to me.

Identity: I am a small person. I see myself as an ant

Purpose: I want to lose weight so that others will like me

Exercises:

1. Take an area that is working well for you and go through the logical levels and check if you find these levels are in alignment. Please share

2. Take an area that is not working as well for you and go through the logical levels and check if you find blocks or levels that seem to conflict. Please share