

Experiment Worksheet

Use this worksheet to guide yourself through the experiment of stepping into each role. Read the description, pause, and let yourself experience the exercise. After each role, write down what you noticed in your body, emotions, and thoughts. To download additional worksheets and many other free resources, visit - nlpkb.com

Example: The Arbiter (Fp1)

Weigh a recent decision, notice tension in your forehead, and how you explain choices.

- *Body sensations noticed: Tightness in my forehead and jaw, shallow breathing.*
- *Emotions felt: Anxiety, pressure to make the “right” choice.*
- *Thinking style: I kept listing pros and cons, replaying the same arguments, like a debate in my head.*
- *Notes: I noticed I didn’t move forward, I just circled around the same points.*

Arbiter (Fp1): Weigh a recent decision, notice tension in your forehead, and how you explain choices.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Conductor (Fp2): Imagine leading a project or orchestra, sense rhythm and flow in your body.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Logic Tracker (F3): Recall a problem you solved, retrace reasoning step by step.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Categorizer (F4): Sort ideas or objects into groups, notice neatness or frustration.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Value Keeper (F8): Think of a strong yes/no conviction, feel it in your chest or posture.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Wordsmith (T3): Replay a sentence you said, polish it, notice your focus on language.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Memory Registrar (C3): Recall a routine you know well, notice comfort in repetition.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Tone Interpreter (T4): Hear someone's voice in memory, focus on pitch, rhythm, emotion.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Expressive Mover (C4): Move your hand freely, notice energy and expression in your body.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Social Adjuster (T5): Replay a recent interaction, notice subtle cues and how you adapt.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Path Finder (P3): Picture walking through a familiar place, sense orientation and direction.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Strategist (P4): Imagine a game of chess or planning steps, weigh risks and options.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Vision Setter (T6): Project five years into the future, imagine symbols or direction.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Builder (O1): Rotate an object in your mind, imagine assembling or improving it.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes:

Pattern Seer (O2): Look around and find hidden patterns, notice how connections emerge.

Body sensations noticed:

Emotions felt:

Thinking style:

Notes: