

# Content

Additional Resources.....	9	Auditory Cues Elicitation .....	80
Preface.....	19	Auditory Rep System Development.....	81
NLP Briefly Explained .....	21	Autobiography.....	82
The 5 Learning Levels.....	45	Awakening to Freedom.....	86
The 21 Presuppositions.....	47	Back to Presence.....	88
Abandoned Predisposition.....	49	Backtracking .....	88
Abductive Thinking.....	50	Bare Bones Reframing.....	89
Accelerated Learning Chain .....	51	Basic Elicitation .....	89
Accessing Resourceful States.....	52	Basic Motivation Strategy.....	90
Active Dreaming .....	54	Basic Second Position Modeling.....	90
Advanced Belief Chaining.....	55	Basic Third Position Modeling.....	91
Advanced Visual Squash.....	58	Behavior Appreciation .....	92
Aligned Self .....	59	Belief Chaining.....	94
Aligning Perceptual Positions.....	62	Belief Lines Elicitation .....	95
Allergy Relief .....	67	Bi-Lateral .....	96
Ambiguity .....	69	Binary Code of Forgetfulness.....	97
Anger Expression Elicitation.....	70	Boundaries Installation .....	100
Amnesia Initiation .....	71	Borrowed Wisdom .....	102
Analogical Marking.....	71	Breaking Limiting Associations.....	104
Anchoring .....	72	Breath Pacing .....	106
Apposition (of Opposites).....	73	Burn-Out Redemption .....	107
As / if.....	74	Calibration .....	108
Assertiveness Installation .....	75	Careful Autosuggestion.....	109
Assuming Responsibility.....	78	Carlin .....	110
Attention Reversal.....	78	Cartesian Coordinates .....	111
Attractors.....	79	Cause Audit.....	112
		Centering.....	113
		Chaining Anchors (I).....	114

Chaining Anchors (II).....	115	Criticism Defusing .....	164
Chaining States .....	116	Curiosity Enhancement.....	165
Challenging Beliefs .....	118	Cycles.....	166
Change Personal History .....	119	Dancing SCORE.....	167
Characterological Adjectives .....	121	Decision Destroyer .....	169
Choice Expansion.....	122	Decision-Making Strategy .....	171
Chronic Pain .....	124	Deconstructing Into Modalities .....	172
Chunking Up/Down .....	125	De-Energizing Memories.....	173
Circle of Excellence .....	126	De-Nominalizing.....	175
Co-Alignment of Vision and Values.....	128	Desired State.....	176
Co-Dependency Resolution .....	130	Dis-Identification.....	177
Collapsing Anchors .....	133	Disintegration.....	178
Compassion Fatigue .....	135	Disjunction.....	179
Compulsion Blow-Out .....	136	Dissolving Shame .....	180
Confidence Installation .....	137	Distortion .....	182
Congruence .....	138	Double Bind .....	183
Conflict Resolution .....	140	Downtime .....	185
Consciousness Awareness .....	141	Dreamer Role .....	186
Contrastive Analysis .....	142	D.V.P.....	187
Conversational Postulate .....	143	E & E. P. Formation.....	190
Colliding and Colluding .....	144	Eye Accessing Cues .....	191
Conflicting Beliefs Integration .....	146	EAC Elicitation.....	193
Content Reframing .....	150	Early Learning Set.....	193
Context Reframing.....	151	Ecology .....	194
Contextual Self.....	152	Eco-Check .....	195
Core Transformation.....	153	Eliciting Response .....	196
Criteria Installation.....	159	Embedded Command (I).....	198
Criticism Analyzer .....	160	Embedded Command in a Question.....	199

Embedded Command (II).....	200	Four Step Swish.....	234
Emo .....	202	Frame of Agreement .....	235
End Buts.....	203	Framing Current Reality .....	237
End-of-Day.....	203	Future Now Dipole .....	238
End of Session.....	206	Generative Relational Priming.....	239
Engagement.....	206	Gentling .....	240
Enhancement / Elaboration.....	207	Godiva Chocolate Pattern .....	241
Envelope.....	209	Good Enough .....	243
Erected Despair .....	209	Grief.....	244
Establishing Trust.....	211	Groundwork .....	246
Evidence Challenge .....	212	Hierarchy Of Criteria .....	247
Evidence Frame .....	212	Honored Values Elicitation .....	252
Exaggerated Nervousness .....	213	Hope Ritual.....	254
Excuse Blow-Out.....	213	Hyperbole.....	255
Exit the Problem Frame.....	215	Implied Causes .....	256
Expression Expansion .....	216	Implied Presupposition.....	256
Extended Quotes.....	217	Incongruence Resolution.....	257
External Stimulus Threshold.....	218	Inner Hero.....	260
Failure Into Feedback.....	220	Installing Presuppositions.....	262
Factual Criticism.....	223	Intentional Beliefs .....	263
Falling in-Love .....	224	Internal Voice Location.....	264
Fast Time.....	225	Internalizing Abilities.....	266
F/B .....	226	Intonation.....	267
Fear of Failure.....	228	Intuitive Second Position Modeling .....	268
Fight Response .....	229	Kinesthetic Criteria .....	268
Finding a Home in Your Body .....	230	Kinesthetic Cues Elicitation .....	269
Forgiveness .....	231	Kinesthetic Swish .....	270
Forgive the Blind.....	233	Labeling .....	271

Learning Strategies Elicitation.....	272	MP9: Best / Worst Case Scenario .....	315
Light Trance Induction .....	275	MP10: Certainty / Uncertainty.....	316
Linking Words .....	276	MP11: Focus Sorting .....	316
Logical Beliefs Change .....	277	MP12: Why / How .....	317
Logical Levels.....	279	MP13: Origin / Solution .....	317
Loneliness to Socialization.....	282	MP14: Static / Process .....	318
Longevity .....	283	MP15: Digital / Analogue .....	318
Making Peace With Your Parents .....	286	MP16: Emotional Coping .....	319
Mapping Across.....	289	MP17: Internal / External .....	320
Mapping Subjective Experience.....	289	MP18: Associated / Dissociated .....	321
Matrixing .....	291	MP19: Feeling / Thinking.....	322
Meaning Translator .....	296	MP20: Active / Reflective / Inactive .....	322
Mental Hell .....	297	MP21: Convincer .....	323
Meta-Model.....	299	MP22: Emotional Direction Sort .....	324
Meta-Model Challenging .....	304	MP23: Intensity .....	324
Meta-Model: Intentional Usage .....	305	MP24: Toward / Away.....	325
Meta-Model Therapy.....	306	MP25: Past Assurance / Future Possibility.....	325
Metaphors .....	307	MP26: Options / Procedures.....	326
Metaphoring .....	308	MP27: Judging / Perceiving .....	326
Meta Programs Review.....	309	MP28: Necessity / Possibility / Desire .....	327
MP1: Chunk Up / Chunk Down.....	310	MP29: Primary Interest.....	328
MP2: Match / Mismatch .....	311	MP30: Perfection / Optimization / Skepticism	329
MP3: Rep. System Sort .....	312	MP31: Value Buying Sort .....	330
MP4: Agree / Disagree .....	313	MP32: Responsibility.....	330
MP5: Uptime / Downtime .....	313	MP33: Trust / Distrust .....	331
MP6: Sensory / Intuitive .....	314	MP34: Extro / Ambi / Intro.....	332
MP7: Black & White / Continuum .....	314	MP35: Ind. / TP / Mng .....	333
MP8: Optimist / Pessimist.....	315	MP36: Satir Modes .....	334

MP37: Congruent / Incongruent .....	335	Mirroring: Wrongs .....	357
MP38: Comp / Coop / Polarity / Meta.....	335	Miscarriage / Stillbirth .....	358
MP39: Social Reaction.....	336	Mistakes Into Experience.....	359
MP40: Things / Systems / Info / People .....	337	Modeling Excellence.....	361
MP41: Quantitative / Qualitative .....	338	Narrowing.....	362
MP42: Knowledge Sort.....	339	Necessity Vs. Possibility.....	363
MP43: Closure / Non-Closure .....	340	Negotiation Model .....	364
MP44: Social Presentation .....	340	Nesting.....	364
MP45: Power / Affiliation / Achievement .....	341	Nested Loops.....	365
MP46: Value Sort .....	341	Nested Loops: a Sample Story.....	369
MP47: Strong-Will / Compliant / Stubborn .....	342	New Behavior Generator .....	371
MP48: Conditional / Unconditional.....	343	Nuanced Gesturing .....	373
MP49: Self-Confidence: High / Low .....	344	Nurturing Inner Voice.....	375
MP50: Mind / Emotion / Body / Role .....	344	Outcome Audit .....	376
MP51: Self-Integrity .....	345	Out-Framing .....	377
MP52: Past / Present / Future .....	345	Pace Embed Tag .....	379
MP53: "in-Time" / "Through-Time" .....	346	Pacing and Matching.....	379
MP54: Sequential / Random .....	347	Parts Negotiation .....	381
MP55: Ego / Strength.....	347	Perceptual Positions .....	383
MP56: Morality .....	348	Phobia Cure.....	385
MP57: Causational Sort.....	349	Phonological Ambiguities .....	387
Meta Questions.....	350	Physical Presence.....	388
Meta Transformation .....	351	Physiamental State Interruption .....	389
Mini-Trance Inductions .....	352	Playing the Critic.....	390
Mirroring: Method .....	353	Pleasure Installation.....	391
Mirroring: Behavioral .....	354	Pleasure Reduction.....	393
Mirroring: Symbolic.....	355	Positive Contribution.....	394
Mirroring: Exchanged Matches .....	356	Porn Addiction Removal .....	396

Positive Intention .....	399	Resource Fractal.....	434
Positive Personal Significance .....	400	Reversed Effect .....	435
Pragmagraphic Swish Design .....	402	Rhetorical Rapport.....	436
Pre-Grieving .....	404	Rhythmic Learning.....	436
Presupposing Trance.....	406	Riding the Timeline .....	437
Problem Deciphering.....	407	Satir Categories .....	438
Problem Definition .....	408	Scope Ambiguities .....	443
Problem Solving Strategy (I).....	409	SCORE.....	443
Problem Solving Strategy (II).....	410	Secondary Gains.....	445
Problem State.....	412	Selectional Restriction Violations.....	445
Process Orientation .....	413	Self-Anchoring .....	446
Pseudo-Orientation in Time .....	413	Self-Criticism Evaluation .....	447
Punctuation Ambiguities.....	414	Self-Sabotage.....	449
Punctuation Diet .....	415	Self-Love .....	451
Qualities Projection .....	416	Self-Nurturing.....	453
Realist Role .....	417	Sequential Attention .....	455
Recognition Expression .....	418	Shared Resource.....	457
Reconstructing Into Values.....	419	Six Step Reframe .....	458
Recruiting Internal Resources .....	420	Smart Eating .....	460
Referential Index Switch.....	421	Softeners.....	462
Re-Imprinting .....	422	Somatic Awareness Enhancement .....	462
Reinforcement (I) .....	425	Somatic Fractal.....	463
Reinforcement (II) .....	426	Spelling Strategy.....	465
Relationship Clarifying .....	427	Spell Out Words.....	466
Relationship Enhancement.....	428	Spinning Icons .....	466
Remember To Forget .....	429	State Induction .....	468
Resolving Internal Conflicts.....	432	Strategy Elicitation.....	469
Resource Audit.....	433	Stretching Boundaries .....	470

Sub-Modality Overlapping.....	471	Uptime .....	506
Suspending Fight or Flight.....	472	Utilization .....	507
Swish .....	473	Walt Disney Strategy .....	508
Symbolic Somatic Priming.....	474	Well-Defined Outcomes .....	510
Synesthesia.....	475	Wholeness.....	512
Syntactic Ambiguities.....	477	Bibliography.....	516
Tag Questions .....	477	Appendix A: Examples of Reframing .....	518
Taming Bitterness .....	478	Appendix B: 55 Hypnotic Phrases.....	520
Temporal Disassociation.....	479	Appendix C: Visual Sub-Modalities.....	523
TDS Manipulation .....	480	Appendix D: Auditory Sub-Modalities.....	528
Thought Virus Inoculation.....	482	Appendix E: Kinesthetic Sub-Modalities .....	529
Too Much, Not Enough.....	483	Appendix F: Modalities Abbreviations .....	532
Tracking Life Transitions.....	486	Appendix G: Code of Ethics .....	533
Transformation Archetype Identification .....	488	One Last Note .....	544
Trembling.....	489		
Tunnel to Peripheral .....	490		
Undercut Presupposition .....	491		
Undetermined State Integration.....	492		
Useful Stress .....	494		
Values Discovery.....	495		
Values Hierarchy Identification .....	495		
Values Lines Elicitation.....	497		
Verb Finder.....	497		
Viable Animosity .....	498		
Vision Communication Protocol .....	499		
Vision Down .....	502		
Visual Cues Elicitation .....	503		
Visual Rep System Development.....	504		



Get hundreds of free NLP resources at:

[www.nlpkb.com](http://www.nlpkb.com)