

9 PRESUPPOSITIONS OF NEURO LINGUISTIC PROGRAMMING

GUIDES FOR WORKING WITH OTHERS AND DAILY LIVING

WITH LARRY WELLS



FUTURELIFENOW
ONLINE

Ready to have a more desirable life? Ready for it to be quick and painless?

Fact: Our brain's have the ability to modify, change, and adapt both structure and function throughout our lives, and in response to experience.

Ready. Set. GO! Grab your internal map of reality, a pencil, an eraser, and lets get started.

Neuro Linguistic Programming (NLP) is a discipline which teaches people how to quickly and painlessly change their internal maps and thus to have a more desirable life.

Every discipline, process, theory or practice begins with basic presupposition. It assumes certain things to be true. Medical practice assumes that with enough research every medical problem can be solved. There is no evidence that proves this to be true, but it is a basic presupposition. Neuro Linguistic Programming (NLP) is no different.

NLP is based on basic presuppositions. I want to share nine of those with you. It does not claim that they can be proven but only claims they are exceedingly useful in interacting with others and helping them to achieve their behavioral, attitudinal and wellness goals.

A handwritten signature in black ink that reads "Larry Wells". The signature is written in a cursive, flowing style.

Presupposition #1 of Neuro Linguistic Programming (NLP): The map is not the territory. A map is only a representation of a territory.



Your internal map guides how you perceive reality. It guides everything you do.

There are no right or wrong directions on it. It's been shaped by YOUR life experiences, so it's yours though and through.

But ... you might want help erasing directions that have NOT been helpful.

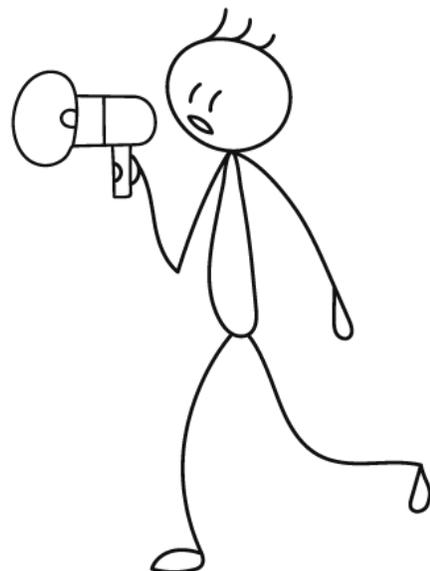
Learn how YOU can quickly and painlessly rewrite NEW more effective directions on your internal map.

Presupposition #2 of Neuro Linguistic Programming: Language is a map of a map.

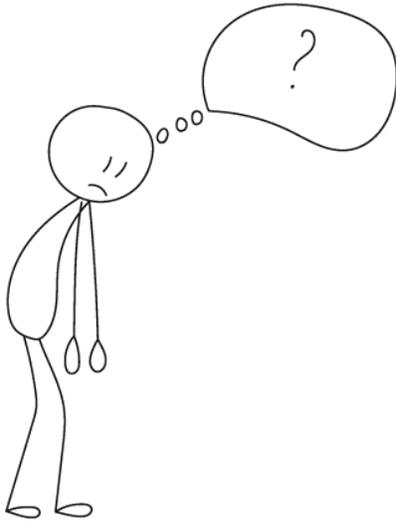
You're trying to find the words to say what you really mean by using language (a complicated system of words, tone, and gesture) to express your internal map (a complicated collection of experiences that make up how you see the world).

Phew! It's a wonder we can speak to one another at all! Have you ever considered how complicated communication really is? It's so much easier to act out our feelings with our body language.

Learn more about understanding yourself and others better with Neuro Linguistic Programming (NLP).



Presupposition #3 of Neuro Linguistic Programming: Behavior is determined by an internal map.



“What’s the worst choice I could make right now?”

You don’t enter a situation thinking that, and then follow through with it.

Nope, that’s not how you work.

Your choices make sense to you. (Most of the time!)

You’re not trying to create more pain or a less desirable life.

You’re making choices based on the directions from your internal map of reality with what you know at the time.

Presupposition #4 of Neuro Linguistic Programming: Change the map, change the experience.

Like the lines of your fingerprint, your internal map is unique and varied. It’s how you see the world and it’s been pretty helpful so far. It’s gotten you this far in life! But unlike fingerprints, internal maps can be altered to be more useful.

When you were faced with a crossroads you referred to it for direction, over and over. It led you to many wonderful places. And some not so good.

In some situations, you might have glanced at someone else’s map that was more direct with fewer detours.

Or you found a completely different map with a key and symbols that were easier to understand.

Discover how you can change your map to change your experience, for a more enjoyable and fruitful life with Neuro Linguistic Programming (NLP).

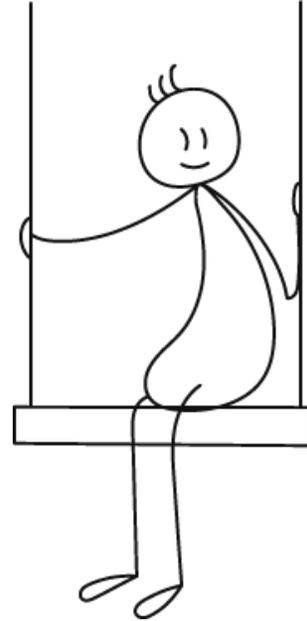


Presupposition #5 of Neuro Linguistic Programming: Every behavior is appropriate in some context, in some map of reality.

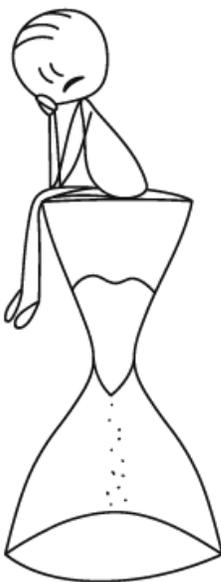
What if you knew that you have always made the best choices available to you at the time? There may have been more useful choices, but they were not among the available options.

Your internal map of reality led you to believe that certain behavior made sense, even if it turns out to be ineffective.

Find out how Neuro Linguistic Programming (NLP) can help you change unwanted behaviors, quickly!



Presupposition #6 of Neuro Linguistic Programming: People tend to make the best choices available to them at the time.



Ever felt like you knew what was “right” but you had no idea how to do it?

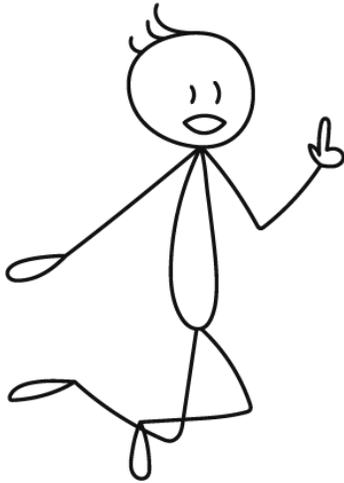
Maybe you didn’t even know what was stopping you from being more effective.

Was it anger or grief?

You had no clue what was in the way. Whatever it was, the best choice was simply not available.

Learn more about choosing something different, even when big emotions are in the way.

Presupposition #7 of Neuro Linguistic Programming: Choice is to be desired.



If you have only one option, there is no choice.

If there are only two options, it's a dilemma.
The more choices you have available the better the odds of getting what you want.

Whether you want to break a bad habit or you need creative solutions in a challenging situation, NLP is all about adding choices, not eliminating them.

Presupposition #8 of Neuro Linguistic Programming: You have all the internal resources needed to achieve your desired outcomes.

You know you can do it. Everything you need to overcome your problems is inside of YOU! Even if you've been trying to change for a very long time.

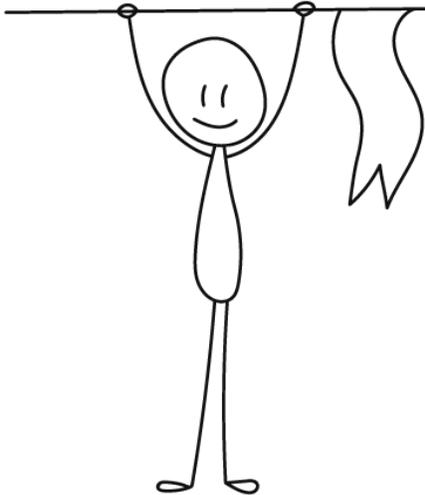
It's all part of how you got this far, how you survived. You followed the directions from your internal map of reality, which was created from everything you experienced, since day 1.

Ready to use a different map? Or a different version of your own map? Internal Map of Reality 2.0?

Gain the tools to help you discover and choose a solution from deep within YOU!



Presupposition #9 of Neuro Linguistic Programming: There is no failure, only feedback.



You're not a failure. You've learned what didn't work. You're ready to get what you REALLY want out of life!

You know certain behaviors are ineffective and you're ready to try something else.

Let's DO IT! There will be feedback and more information, but you will not fail.

You can have a more desirable life by working with your internal map of reality.

Larry Wells holds master's degrees in divinity and social work. He is a certified master practitioner and trainer of Neuro Linguistic Programming and a certified teacher of the Sounder Sleep System®.

He has been in practice since the 1980s and founded Future Life Now in 1994. In addition to being a partner at Future Life Now, Larry has been a substance abuse counselor and supervisor, and has been part-time social work faculty at the University of Louisville and Northern Kentucky University.

Larry is currently organizing a Neuro Linguistic Programming (NLP) certification training that is personal and online. If NLP interests you, please contact Larry at LarryWells@futurelifenow.com or get on his [waitlist](#).

