

GWiz NLP Practice Group on Zoom (November 2020)

Accessing States of Well-Being

With Melody and Joe Cheal

What is State Management?

State is the NLP term used to represent our internal experience at any given time (thoughts + internal pictures/sounds + emotions + physiology) e.g. a resource state could be enthusiasm while an un-resourceful state could be anxiety

States

Context > Trigger > State > Behaviour

- A state is 'the mental/physical/emotional condition that a person is experiencing at any given moment in time'.
- Every state has a trigger. The trigger could be any of VAKOG external or internal. Internal VAKOG triggers normally have an external VAKOG before it. A trigger might initiate a state or help to maintain it. The trigger is also known as an 'anchor'.
- A state will usually lead to a behaviour.
- Managing states effectively means Acknowledging, Labelling and Expressing feelings appropriately (the ALE model - *iNLP*). It also means being able to identify and change the state we are in if we so choose.
- Stuck negative emotions can have long term detrimental effects on the body. Is it possible that stuck positive emotions can also have detrimental effects (for example, extreme 'nostalgia' – living only in the past)?
- All states will have a purpose/positive intention. Even anger may sometimes be the 'fire for change'. Fear is a protector.

Criteria for State Control

- Frames
- Being at Cause
- Expressing emotions appropriately
- Clearing Reactive Triggers

Frames

Frames are how we perceive and conceive of the world and 'the way things are'. The frames we hold in our minds (e.g. beliefs, values, assumptions) tend to act like filters, colouring our experience. And perhaps they also act like lenses, distorting and focusing our attention on one thing or another.

Frames affect the meaning we associate with something, for example, this thing is good or bad, positive or negative. Frames affect what category we put things in, for example, this is a type of car, this is a blue thing, this is comfortable etc. In this sense, frames are hugely important, since they direct what meaning we give something... and hence how we are going to relate to that thing... and hence how we feel about it.

Frames and States

Imagine that a frame is a circle around a state. Since the frame acts as a filter and a lens, it will have a direct impact on how we experience that state. Change the frame and we change the experience and hence change the state. In any given context, if we hold a constructive frame, we are more likely to experience a positive state within and about that context. Of course, if we hold a destructive frame, it is likely we will experience a less-than-positive state.

Imagine another circle around the circle around the state... we might hold frames around frames around states... and frames around frames around frames around... you get the idea. This is one (simplistic) way of explaining meta-states¹.

Strangely, although we might seek or avoid particular states, we sometimes become a 'victim' to our own frames! Sometimes, people believe things that make them miserable. How weird is that! Of course, they may hold a particular belief because they get to have or avoid some *other* state. Maybe the frame is designed to protect them in some way (e.g. avoiding the state of hope to ultimately avoid the state of disappointment). Or more likely, the frame *was* designed to protect them in some way. Many of the frames we hold are relics of our distant past... empty promises for warding off long forgotten psychological demons.

Being at Cause as a mindset

Being 'at cause' means feeling in control, in the driving seat, understanding our role within a context, problem and/or outcome. Being 'at effect' means feeling at the mercy of something or someone. It places us in the victim role, feeling 'done to'. It is more challenging to make personal shifts from this position as we want to blame others and want *them* to change.

Emotions Want To Be Expressed

The outcome of an emotion is to be expressed, so that it leaves our body instead of festering. If you sometimes struggle to identify your emotions at the time, try the following 'ALE' model:

- A**cknowledge (I feel something!)
- L**abel (I am feeling 'X')
- E**xpress (Say/write down how you feel)

(An emotion doesn't necessarily need to be expressed 'at' the person we believe caused it!)

Resilient people understand that emotions flow through us and then need to be released.

Swish Pattern ('Slingshot' version)

Step One: Elicit 'Trigger' Image of unwanted behaviour or state

- Ecology check: "Are there any positive intentions or gains from this behaviour/compulsion?"
- Context: "When/where does this happen?"
- Trigger image: "What do you see and/or hear directly before getting the feeling you don't want?"
- "Make a large, bright, coloured picture of the compulsion or behaviour – as if from your own eyes (associated) – about to do the behaviour."
- "Make it a still picture and set it aside for now."
- Break state.

Step Two: Create outcome picture

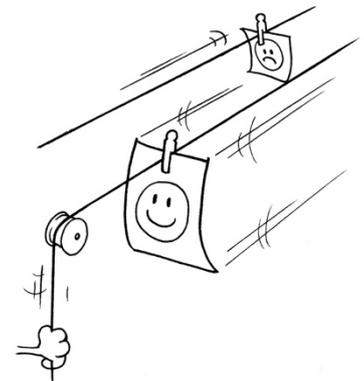
- "What would you look like if you are already in control of your own desired destiny and having all the choices you would want in their life. How would you be different?"
- "Make a new positive picture with a compelling image. (e.g. bright, coloured, large), as if someone has taken a picture of you (disassociated) being the person you want to be.
- "Add any compelling sounds/phrases."
- Break state.

Step Three: Set up the change

- "Temporarily shrink the Outcome picture down to a dot."
- "Take the trigger image and place the dot (outcome picture) in the middle of the picture."

Step Four: S-W-I-I-I-S-S-S-H-H

- Send the picture with the dot in it away from you into the distance.
- Notice the trigger picture gets smaller and smaller as it goes further away.
- Notice the dot can begin to return back to you and as it comes back all you can see is the new outcome picture getting bigger and bigger of you being how you want to be.
- As it comes back towards you... S-W-I-I-I-S-S-S-H-H



'SWISH PATTERN'

Step Five: Repeat 3-5 times

- Have your partner briefly break state between repetitions (to avoid creating a loop of association).
- "Notice each time we do this that your brain can do it faster."
- Repeat Steps 3-4 with less/quicker instructions each time.
- Test & Future Pace: "Now try to get the old picture back and notice what happens."

Zoom Events at GWizNLP

Supervision Group

28th November 2020, 22nd Jan, 17th Feb, 18th Mar 2021 (1.30pm to 5pm)

Coaching Circle

17th November 2020, 29th Jan, 24th Feb, 25th Mar (9.30am to 1pm)

Hypnotherapy Practice Group

18th November 2020 (4pm to 6pm)

ANLP Accredited NLP Practitioner

Starts February 2021

Core Transformations

1st to 3rd March 2021

ANLP Accredited NLP Coaching Supervisor Certification

Starts April 2021

The Wholeness Work: A Beginning

22nd to 23rd June 2021

GHSC Certified Clinical Hypnotherapy Diploma

24th to 30th July 2021

ANLP Accredited NLP Master Practitioner

Starts September 2021

Psychological Approaches to Coaching (AC Accredited)

Foundations in Coaching

25th to 26th January 2021

Transactional Analysis for Coaches (Zoom)

22nd to 23rd March 2021

iNLP Coaching Certificate (Zoom)

24th to 25th May 2021

Positive Psychology in Coaching

20th to 21st November 2020 & 19th to 20th July 2021

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