

Getting Inside The Mind 3 Step Action Plan

1. Sometimes it seems that NLP is all about solving problems. It isn't. The word problem is usually a negative one. It means only that there is a difference between what you have and what you want. When you do not like what you have and want to get away from it, then you have a remedial problem. Most people take "problem" to refer to remedial problems. However, when you like what you have but want something better, then you have a different class of "problem" – a generative problem. Generative problems are far nicer "problems" to have. When you have something good, you might still make it better by changing the submodalities.

- Think back to a pleasant memory. Notice the submodalities. Can you make it even more pleasant?
- Change the submodalities and notice the effect. Make the picture brighter, bigger, nearer. Does that make the memory more pleasurable?
- Experiment with the submodalities of the memory until you make it as pleasurable as possible.

2. Find your own timeline. As you look at your timeline, how does it help you understand how you think about the past and the future? For example, someone who has a short past timeline will have to cram many events into a short space and may have difficulty remembering exactly how long ago something happened.

Someone with a short future timeline may have problems looking far into the future or may cram the future into a short space and lose perspective.

(The length of your future timeline has no esoteric connection with how long you live! If it is short, it only means that you may find it difficult in a future plan.) Your timeline was not fixed forever at birth. You created it.

You can change it. Aim for choice and flexibility – you will want to be in time for many pleasurable activities, but through time for planning activities in the future.

Whether you are through time or in time, experiment with both as follows:

- Imagine stepping onto your timeline.
- If you are through time, imagine stepping onto your timeline so it passes through the center of your body. How does that feel? You may feel more grounded, more in the moment. Now step out again.
- If you are in time, imagine stepping off your timeline and seeing it pass outside your body. You may feel a little more objective, a little more able to take an overview. Then step in again.

You have the choice. Being in time or through time are states and resources, depending on what you want to do.