

About Neuro Linguistic Programming

Neuro-linguistic programming, or NLP, was developed by Richard Bandler and John Grinder in the 1970s. What started out as a study of why some very successful psychotherapists were so effective turned into its own method for self-improvement.

NLP focuses on what works, sometimes disregards what we might believe to be true or false, and works off of certain presuppositions. This makes it different from traditional self-growth and positive thinking methods, as well as psychotherapy.

For example, it presupposes that if you want to make a change in your life, that you have all the resources that you need. Other presuppositions include things like there is no such thing as failure. As Tony Robbins tells us, you're either getting the results you want or you're not, but failure doesn't really exist.

As long as it is useful, it doesn't matter whether or not the presupposition is actually true. For example, you don't ask whether or not a tool is true before you use it. You simply pick up a hammer and a nail and use it.

Another presupposition in NLP is that people work perfectly. In other words, even a drug addict who is on the way to killing himself is working perfectly (at killing themselves).

Some therapies seem to operate on the premise that there is something wrong with people and they need to be repaired in some way. This can be disempowering and tends to turn people into victims by reinforcing a belief that they're in some way damaged or broken. This, in turn, gives people an excuse to repeat negative behavior in the future.

As an example, think about a negative belief you have about yourself and how it might be holding you back. Many of our negative beliefs are reinforced by years of listening to others. Take the case of someone who has been told all of their life that they're a poor learner. They become a victim of their own self-limiting belief and spend their time on trying to fix their perceived learning problems instead of accomplishing their goals.

Since another presupposition of neuro-linguistic programming is that you have all the resources at your disposal to make a change, you would focus on modeling the behaviors and beliefs of people who are better learners.

Professionals in the life coaching field utilize a similar concept that says that the present is perfect. This allows you to accept that things are as they should be and gives you the power to make changes in your life.

Another premise of success used in NLP is the fact that if someone can achieve success at something, then it can be modeled and achieved by someone else as well. Since NLP is based on what works, and not just a theory, it also uses the idea that if what you're doing isn't working, then adapt and change what you're doing.

Neuro-linguistic programming was adapted and put into practice by one of its most well known students, Tony Robbins. Tony made himself famous using his own brand of NLP-based self-improvement to show people how to cure phobias and turn their lives around in a very short time frame.

A fair amount of information on NLP is available online if you want to learn the basic techniques. There are also many practitioners you can work with to enhance your skills and understanding. If you're looking for an effective and practical approach to life change, then this may do the trick.

About the Author

Kurt Schmitt writes for a website on [inspirational sayings and motivation](#) with a number of articles on [how to learn neuro-linguistic programming](#) Grab a totally unique version of this article from the Uber [Article Directory](#)

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