

MODULE 1 WORKSHEET

Introduction to NLP



Task

Hopefully you took in as much of the information in this module as possible. To find out how well you have done, complete the following worksheet.



Timing

We recommend that you allocate at least 30 minutes to this worksheet.



Marking

At the end of the worksheet is a convenient answers/feedback and advice section to allow you to see how well you have done.



You are not required to return this worksheet

Activity 1



Provide a detailed description of NLP and discuss how it works.

Write or type your answer here

Activity 2



10 Minutes

We learned about the six levels of personal change, including 'Physical Environment', 'Personal Behaviour' and 'Abilities and Strengths'. Name and describe the other three levels in detail.

Write or type your answer here

Activity 3



Work your way through the following paragraphs and insert the most appropriate words to fill in the missing blanks. There are 10 in total.

Level 1 - Physical Environment

This is the __1__ world around you. It includes physical environments such as your __2__ and place of work, as well as the people in your life.

Many people consider this a __3__ and finite part of their life and struggle with the concept of making any changes here. As such, NLP rarely begins at this level, but elements which are directly __4__ progress might need to be addressed before the __5__ can begin.

Level 2 - Personal Behaviour

The next level is to do with the behaviour you exhibit on a __6__ to day basis. NLP teaches that we can make immediate changes in our life by changing our behaviour. This includes both behaviour and attitude at work and in __7__, as well as how you act in your most comfortable of environments at home and with __8__ ones.

Level 3 - Abilities and Strengths

The next level of change involves individual __9__. The strengths and skills you have and the potential within you to __10__ them.

Write or type your answers here

Answers / Feedback

Use this section to check your answers and see how well you have done

You are not required to return this worksheet

Activity 1

1-Description

Neuro-linguistic Programming, or NLP, is a concept which uses the connection between neurological functioning and language to improve communication, personal development and facilitate learning in individuals.

Created and developed by Richard Bandler and John Grinder in the 1970s, it has grown both in popularity and versatility over the years. Some of the applications include psychotherapy, hypnotherapy and self-improvement.

2-How it Works

At the core of NLP is a belief that everything that everyone does is a result of their individual map of reality. Essentially, they also believe that this map can be altered.

Through a variety of techniques, NLP teaches people how to change the way they think and act for the better, enabling them to achieve their personal goals.

Activity 2

Level 4 - Core Beliefs

The core beliefs you hold about the world around you are a primary driver of every action you take. This level is often difficult to change, because the beliefs are often deeply entrenched.

Level 5 - Personal Identity

Our personal identity is who we truly believe ourselves to be. It is a very deep level of consciousness which has been forged over time.

NLP seeks to change the aspects of personal identity which might be holding people back from reaching higher levels.

Level 6 - Higher purpose and Spirituality

The highest level of change deals with the way we see ourselves in the grand scheme of things. Our place in the universe, our relationship with a higher being and our ultimate purpose in life is all a part of this stage.

Activity 3

1. Tangible
2. Home
3. Fixed
4. Blocking
5. Change
6. Day
7. Public
8. Loved
9. Capability
10. Improve

Summary

Well done. You have now completed this Worksheet.
It is time to move on to the next Module.