NLP Technique for Long Term Weight Loss

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Why do some people successfully maintain weight loss while others fail, regardless of the technology used?

When I searched for those few who have accomplished this I found a direct link to the person's belief and identity.

Are you a fat person who's losing weight?

Or

A thin person who put on a few pounds?

Logical Levels

There are different levels at which change can occur. As with anything it is easier to change things at a much lower level than one that is more complex. For example, when you think of updating your home, you think of colors, decorations and minor repairs. These are all things that are easier and will not cost an arm and leg or take much effort. The higher level remodeling jobs such as electrical, plumbing and replacing the carpet are much more difficult. NLP'ers look at the below diagram and determine the levels, then comparing to the level of change that the individual is looking for. When the levels of the diagram are all satisfied the individual is happier and more content. This can be called congruence, which is the state of the individual when they are comfortable with values and skills. Misalignment or levels that are out of order can cause individuals thought patterns to be incorrect, therefore leading to failure.
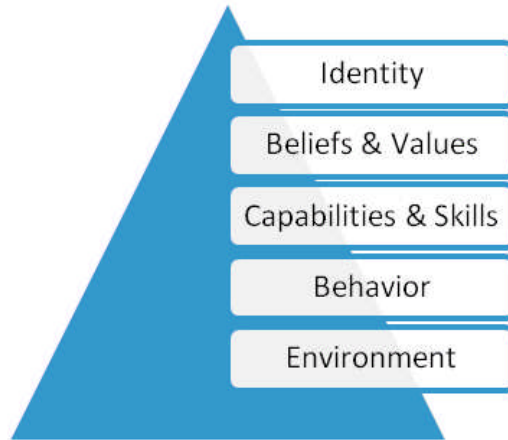
We must have our clients go through each level and discover what changes need to be made. Example in environment, get the junk food out of the house, go to the Health club, change friends to those that are active and healthily. Beliefs, what are the beliefs about releasing weight, and yourself?

Changing Beliefs.

What is something that you KNOW is true? Sub modalities of this truth.

What is something that used to be true and now is not, what is it's structure?

Reinvent Yourself:

Here is an outline of the steps:

1. Write down all the NEW talents and skills you would like to bring to the world.

2. Write out how others will describe you to the world, how you live the talents and skills you described above! (external evidence)

3. Do a new behavior generator of the new you doing the new things this ideal you will do. Make sure you see the "homework" or study behind the scenes of you getting these skills. (Practicing, taking classes, study, etc.)

4. Step into the movie, make it as real as any true memory (submodalities shift)

5. Run the auto-pilot program. Do it several times.

6. Do a timeline history review to see "glimpses" of these skills in your past...times where there was a seed of this new you.

7. Come forward to today, see these events in your past pushing and growing within you.

8. Go into your future and create a future memory of this new you, attach a rubber band to this and come back to today.

9. Feel the pull of this future memory and the push of your past.

10. Claim the new you!

Remember, I try to keep the outline simple. "True mastery lies in simplicity, never confuse competency with complexity!"

The Belief Switch technique,

Think about something you believe to be true about yourself, where is this belief? Note where you "feel" this inside of yourself. If there are any other sensations you experience when you think about this truth…take note of them (example: a firmness or strength, a feeling of joy or accomplishment, a brightness or color around you.)

Think of something that used to be true for you but now is not. (Example: You used to live somewhere other than where you live now. Once again, note any other sensations you experience as you think of a "past truth") Where is this located "inside of yourself".

Place the new you and your new beliefs about this change into the area that's true for you. If possible duplicate the same "confident feeling" you have about a truth.

Place the old you into the area that used to be true but now is not. Once again make certain it is also placed in the same experiences as the old one (darker, less enjoyable, less certain, any negative feelings you may have noted in your "other older truth").

The Convincer Strategy

Know that only you can convince yourself, so how do you know you are convinced? Think of something you at one time did not believe, but now do. What convinced you? Did you have to see it? Read it? Hear it? Feel/Experience it? It what manner of delivery was this? Something someone said such as a testimonial? Someone you trusted and believed?

Also, how long did it take you to become convinced? One time or repeatedly? If repeatedly, take note of the number of times the occurrence had to take place for you to be convinced. (* You may notice this is a typical pattern of time for you.)

This has a lot to do with your Representational Systems and remember, often it is a combination of systems such as a "Visual-Kinesthetic" (see and feel – you have to see it and it just feels right) or an "Auditory-Kinesthetic" (hear and feel – you need to hear it from others and then it will "feel right").

Repeat this process for your weight change.
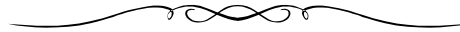
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