

## [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 is different from traditional self-growth methods, positive thinking, and psychotherapies in that it focuses on what work, and relies on a method called modeling to copy and teach success. It sometimes disregards what we might believe to be true or false, and works off of certain presuppositions.

For example, NLP presupposes that you have all the resources that you need in order to effect positive change. An additional assumption is that failure does not exist. In other words, no matter what you are successfully producing results, even if those results are unwanted.

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. Even if someone is consistently getting results that they don't want, they are not broken.

Often, many people assume that they need therapy because they are broken and need fixing. Some therapies seem to reinforce this idea. This has a tendency to turn people into victims and excuse their negative behavior in the future by imposing an inherent limitation. In a sense, these methods predict failure.

Take, for example, the case of someone who has a self-limiting belief that they're a bad learner. They've been told all of their life that they have bad study habits or can't learn a particular subject (I'm bad at math). They become a victim of a limitation that they've set for themselves and avoid learning new things in this area.

With neuro-linguistic programming, you would simply accept that whatever your results with learning have been in the past, it has been perfect. Remember also that another presupposition of NLP is that you have all the resources at your disposal to make a change. In other words, you can learn anything you want to learn right now, regardless of past results.

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](#)

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