NEURO–LINGUISTIC PROGRAM

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INTRODUCTION

Neuro-linguistic program (NLP) is a study of communication, personal development and psychotherapy related to how world works. Therefore, this programme help us to learn our inner potential and improve life. This technique of self development is introduced by Richard Bandler and John Grinder in California, United States in the 1970s. NLP can be used or practice to any field by analysis our thinking skills and behavior. It first look for a practice to remove our self barrier and moving towards success.

BASIC TO NLP

NLP consist of methodology and a set of techniques to to achieve an excellent in life. The term NLP refers to unconscious process that we used to develop our future behavior. Since neuro refers to nervous system, this technique used all these five senses which is visual-seeing, auditory-hearing, kenesthetic-touch, olfactory-smell and gustatory-taste to experience and translate it into conscious and unconscious thought. NLP can be explain as a stage between present state and desire state. It explore our real state and help to reprogramme our unconcious mind to result a behavior.

EXAMPLE TECNIQUE OF NLP

(CHANGING PERSPECTIVE)

Basically, our actions is based on the world outside that affect us. Hence, through knowing ones inner potential, could filter and develop self awareness and increase self motivation. For example, perceptual position is a technique of how to use different positions and look at others point of view. By seeing others perspective, it could stop us from being rigid and opens up our greater level of understanding.

Solving a negotiation or conflict with each prespective and come out with a solution that statisfied everyone (win-win situation). Respect others and this may ease us as well in daily life.

(CHANGING LANGUAGE)

This is the linguistic part of NLP technique. In order to make a different in life, the first important thing is to change our language used. There are few method being introduced to develop our language used, for example the meta model, the Milton model and trance. Each method provide a special technique, such as change our pattern of language, make clear and precise of what to deliver, and think of the possibilities of the words used to other. By using the best choice or words and that have an impact to others, then that is the best way to make a difference to self and others.

RESULTS

Once we manage to clarify our own map of reality, then we could make change to the world with our actions. As we know how to handle a situation with those techniques and develop our positive mind. Billions of people practise these techniques show a good results in their self and relations to others. NLP do gives depth effectiveness for those who believes in it.

Reference: 5- MINUTE NLP