



Inner Circle 5th December 2016 - Notes

Confusion to Understanding

This is an amazing technique to give you more clarity and understanding about something. If you are confused about what you should do or simply just want more clarity on a subject, changing the Structure of Your Thinking with this NLP Technique will give you much more clarity.

Step One:

Think about something that you know about. Something that you understand. Now notice the structure of your thinking (Submodalities in NLP speak).

What is the 'feeling of understanding'... where is it in your body? Where does it move to, how fast does it move, which way does it move, is it warm, etc

What about the way you think about it in your mind... Your Internal Dialogue: Is it louder on the left side or the right side, is it softly spoken or loud or somewhere in-between? Is it high pitched or low pitched? How fast is your internal dialogue, etc

And the mental images that come to mind... is there more than one, are you in the image or see in what you would see if you were there, how big is it/ they, are the moving images or still, where are they located, i.e right in front of you or off to one side... etc

Once you go deep in the Structure of thinking (the Submodalities), you now have a better understanding of how you represent 'Understanding' in your mind... and guess what, its different to 'Confusion'.

Step Two:

Change the Structure of your thinking (Submodalities) of the thing you want more clarity on to the Structure of your thinking (Submodalities) of Understanding.

Eg. If the thing you are confused about/want more clarity on is a small fuzzy images, out of focus, with no internal dialogue and a fast body feeling buzzing round low in your stomach... and the Structure of your thinking (Submodalities) of Understanding are: Big, bright images (moving pictures of you in the situation), with other images of aspects of the thing you understand, with a fast paced, excited internal dialogue and a body feeling the starts in your solar plexus and rises to the top of your head... you change the small fuzzy images, out of focus, with no internal dialogue and a fast body feelings to big, bright images (moving pictures of you in the situation), with other images of aspects of the thing you understand, with a fast paced, excited internal dialogue and a body feeling the starts in your solar plexus and rises to the top of your head.

You use the Structure of Thinking of Understanding to think about the thing you are confused about...

Confused?

Give it a go and you'll be amazed :)