

GENERATIVE NLP

WITH

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PRESUPPOSITIONS OF NLP

THE MAP IS NOT THE TERRITORY

1. People respond to their own perceptions of reality.
2. Every person has his or her own individual map of the world, No individual map of the world is any more “real” or “true” than any other:
3. The meaning of a communication to another person is the response it elicits in that person, regardless of the intent of the communicator
4. The ‘wisest’ and most ‘compassionate’ maps are those that make available the widest and richest number of choices, as opposed to being the most “real” or “accurate”.
5. People already have (or potentially have) all of the resources they need to act effectively
6. People make the best choices available to them given possibilities and the capabilities that they perceive available to them from their model of the world. Any behavior no matter how evil, crazy or bizarre it seems is the best choice available to the person at that point in time—if given a more appropriate choice (within the context of their model of the world) the person will be more likely to take it.
7. Change comes from releasing the appropriate resource, or activating the potential resource, for a particular context by enriching a person’s map of the world.

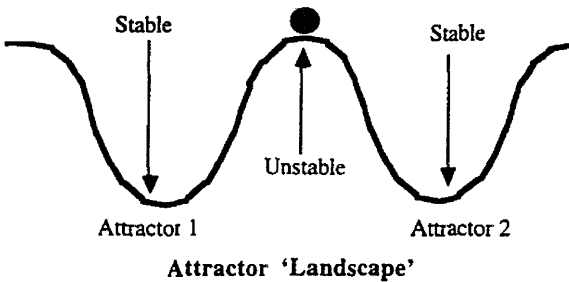
LIFE AND 'MIND' ARE SYSTEMIC PROCESSES

1. The processes that take place within a person, and between people and their environment, are systemic. Our bodies, our societies and our universe form an ecology of systems and sub-systems all of which interact with and mutually influence each other:
2. It is not possible to completely isolate any part of a system from the rest of the system. People cannot not influence each other: Interactions between people form feedback loops—such that a person will be affected by the results that their own actions make on other people.
3. Systems are 'self organizing' and naturally seek states of balance and stability there are no failures, only feedback.
4. No response, experience or behavior is meaningful outside of the context in which it was established or the response it elicits next. Any behavior, experience or response may serve as a resource or limitation depending on how it fits in with the rest of the system.
5. Not all interactions in a system are on the same level. What is positive on one level may be negative on another level. It is useful to separate behavior from "self" —to separate the positive intent, function, belief, etc.— that generates the behavior from the behavior itself.
6. At some level all behavior is (or at one time was) "positively intended". It is or was perceived as appropriate given the context in which it was established, from the point of view of the person whose behavior it is. It is easier and more productive to respond to the intention rather than the expression of a problematic behavior.
7. Environments and contexts change. The same action will not always produce the same result. In order to successfully adapt and survive, a member of a system needs a certain minimum amount of flexibility. That amount of flexibility has to be proportional to the variation in the rest of the system. As a system becomes more complex, more flexibility is required.

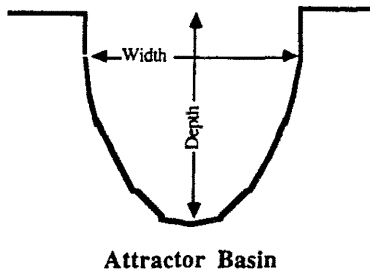
8. If what you are doing is not getting the response you want then keep varying your behavior until you do elicit the response.

SELF-ORGANIZATION THEORY

‘Self-organization’ theory relates to the process of spontaneous order formation in complex dynamic systems. According to ‘self-organization’ theory, order is formed around a ‘landscape’ of ‘attractors’, which help to create and hold stable patterns within the system.



The ‘strength’ of an attractor is determined by the ‘depth’ and ‘width’ of its ‘basin’. The ‘depth’ of the basin relates to the intensity of the resource. The ‘width’ of the basin relates to how easy the resource is to access in different situations.



‘Self organizing’ systems are made of interconnected elements formed by associative processes based on the ‘Hebb’ rule, which states that if two elements in a similar state respond simultaneously, their connection is strengthened.

Self-organizing systems may be ‘autopoietic’ and/or ‘self-referenced’. *Autopoietic* systems survive on their own by reproducing their own orders and patterns. Self-referenced systems construct their own reality by applying internally generated principles and rules.

CHANGE PROCESSES

In self organization theory an attractor landscape is unveiled by the process of *iteration*.

Landscapes are altered through the process of *destabilization* and subsequent *restabilization* around a new system of attractors.

MANAGEMENT OF CHANGE

The key elements influencing strategies for managing change in self-organization theory are *complexity* and *stability*.

- In simple and stable systems change can be managed by pre-programmed reactions or ‘techniques’.
- In complex but stable systems change may be managed by rules and regulated through ‘negative’ feedback loops.
- In simple but unstable systems change may be managed through strategies and ‘intervention paths’.
- In complex and unstable systems must be managed through constant surveillance and establishment of generative processes.

‘LANDSCAPING’ EXERCISE

1. Identify a resource or resource state that you would like to transfer to other contexts.

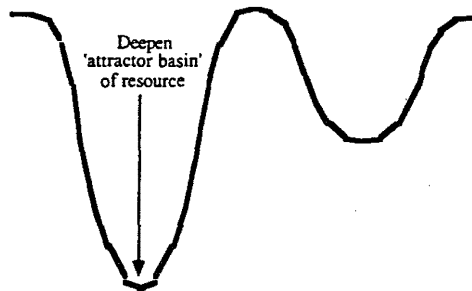
2. Identify a situation or context in which you would like to be more resourceful or flexible.
3. Establish a meta position and sort the two experiences identified above into separate spatial locations.



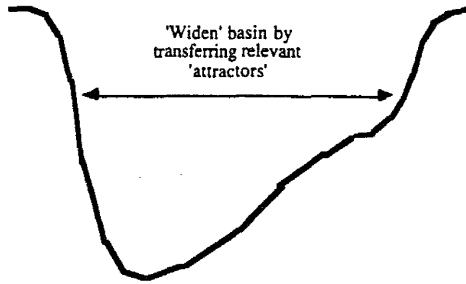
4. Associate into each of the two experiences and explore the current 'landscape' by changing various parameters one at a time, and noticing what happens.

i.e.: Representational Systems
 Submodalities
 Physiology

5. Associate into the resource experience and 'deepen' the 'attractor basin' by finding which parameters intensify the experience.



6. 'Widen' the 'attractor basin' of the resource by:
 - a) stepping into the location for the situation or context to be improved.
 - b) 'destabilize' the landscape by shifting the relevant cognitive or physiological patterns.
 - c) transferring the 'attractors' associated with the resource experience.



SOMATIC SYNTAX EXERCISES

Phase 1

1. Identify a movement associated with a resource state (1st position present).
2. Explore the 'organization' (deep structure) of the movement by changing different aspects of it (i.e., quality, speed, parts of the body involved, direction, etc.).
3. Notice which changes:
 - a. Intensify/make more of the state.
 - b. Dampen/make less of the state.
 - c. Change the state to a different state.

Phase 2

Take the 'organization' associated with the movement identified in phase 1 to X other

SOAR spaces (i.e., 1st position future, 2nd position present, 2nd position past, etc.). For each new space:

- a. Associate into the new space.
- b. Return to 1st position present and re-access the resource state and movement.
- c. Bring the movement 'as is' into the new space.
- d. Adapt the movement to 'fit' that position most ecologically and elegantly.

Phase 3

Choose three common actions/‘macro’ behaviors (walking, carrying something, sitting, writing). For each action:

- a. In first position present, start making the resource movement you have been exploring in phases 1 & 2.
- b. Begin the action and adapt the resource movement to fit that activity in the way that is most natural.

Phase 4

- a. From 1st position present, imitate the resource movement of another person (i.e., you doing the other person’s movement).
- b. Go to 2nd position with the other person and do the movement (i.e., be the other person doing the movement).
- c. Go to 3rd position. What do you learn about yourself, the other person and the resource.

RESOURCE ‘SUPERCHARGER’ EXERCISE

1. Establish and associate into a location representing first position present identify a resource that you would like to strengthen or enrich.
2. Fully experience the resource in a location representing 1st position, present
3. Step forward, as if you are walking into your future. Imagine that you have had the resource for a long time and that it has grown and enriched. Notice how your sense of the resource shifts and enhances.
4. Return to the 1st position, present location bringing the enhanced sense of the resource with you.
5. Starting with this enhanced sense of the resource as the present, repeat step 3 and step forward again into the future imagining

how the resource would become further enhanced and enriched. Continue to repeat steps 3 and 4 until you have reached a point of ‘saturation’ and the resource is a whole body experience.

6. Take the ‘supercharged’ resource and step backwards into a location representing an experience or time frame in your past where it would have been useful to have some of this resource” Notice how the past experience would have been transformed if you had been able to mobilize this resource at that time.
7. Step forward to the 1st position, present location imagining how other events in your life would have been enriched if you had been able to mobilize this resource earlier. Notice how this strengthens or enriches your present perception of the resource.
8. Continue to ‘widen the basin’ of the resource by repeating steps 6 and 7 with other events or time periods in your past
9. Identify a location on your time line representing ‘before conception’. Associate into this location and notice how you perceive the events in your life. See your life along a ‘landscape’ of time instead of a time ‘line’.
10. Bring the ‘supercharged’ resource into this location and walk forward along your time line bringing it into all of your life experiences.

GENERATIVE NLP FORMAT

1. Establish and associate into a location representing first position present. Identify a recent resource you have developed or discovered related to achieving your goals.
2. Fully experience the resource in the 1st position, present location.
3. One by one associate into each of the surrounding perceptual positions bringing the resource with you:

- 1st position future.
- 2nd position future.
- 3rd position future.
- 2nd position present.
- 3rd position present.
- 1st position past.
- 2nd position past.
- 3rd position past.

Notice how bringing the resource into each space strengthens and enriches the experience of the resource.

From each location, look at the you in the 1st person present location who is the focal point of the resource and offer a message or belief that would help that you become even more open to believe something new.

Then associate back into the you in first position present and receive the message from the other perceptual position. From first position state what you experience yourself more open to believe; i.e., *“I am open to believe...”*

Repeat this process until all the surrounding spaces have been entered.

