

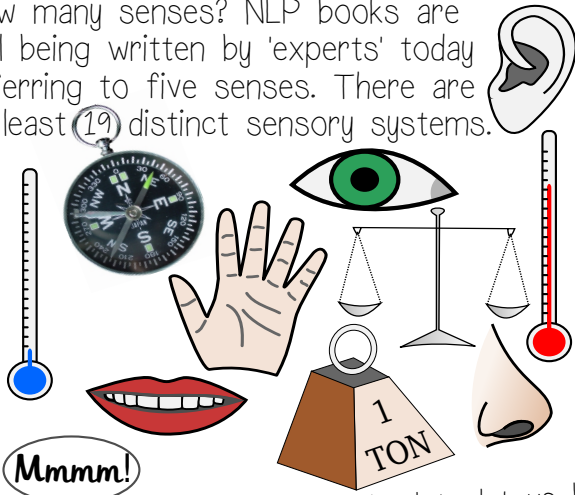
# Everything you know about NLP is Wrong

## Peter Freeth

In the 1980s when NLP was developed, we lacked the technology to look inside a working human brain and could only guess at how neurons are connected. But when experts guess, it's easy to mistake those guesses for facts.



How many senses? NLP books are still being written by 'experts' today referring to five senses. There are at least 19 distinct sensory systems.



Our five senses of taste evolved to let us know what to eat, when to eat it and what to avoid.

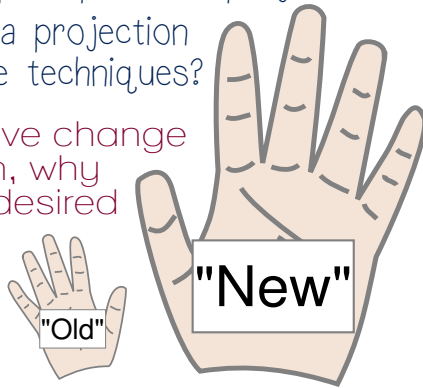
Proprioception lets you know where your body parts are, even when you can't see them.

But if we have distinct senses, what does this mean for submodalities? They're a figment of the Practitioner's perception? A projection?

And if submodalities are a projection then what happens to the techniques?

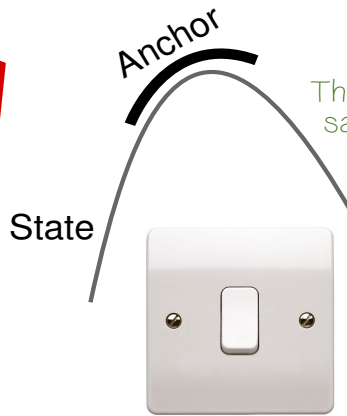
NLP gives us a generative change process, so in the Swish, why are we replacing an undesired outcome with a desired outcome?

That's remedial!

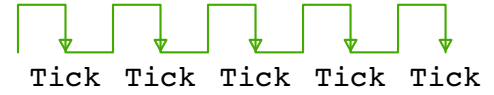


Instead, replace the undesired response with random alternatives, then the client will create their own, new response when they're actually faced with the triggering event!

What's the future of NLP? Like any technology it has a lifespan. In the UK, it's in the 'late adopter' market phase. But the techniques are the results of NLP, they are not themselves NLP. So it's up to us to evolve and model new techniques. Why not join my Master Practitioner and learn how?



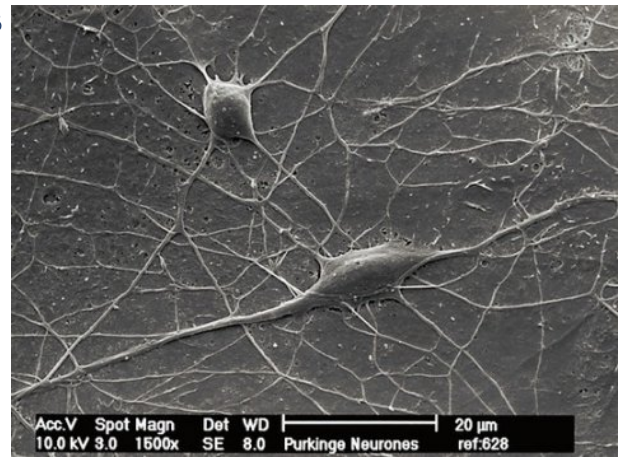
The original SNLP books and manuals say that we should anchor when the state peaks, but that's impossible! It makes no sense! It's a ritual, something we do when we don't know the cause of an outcome.



Anchor when the state is triggered. The anchor is like a light switch. On. Off.

Electronic systems have a clock, a timing signal to synchronise all of the parts of the system. That's how you need to think about anchoring.

Neuroscientists discovered that if two neurons are triggered close enough together in time and space, they will reach out and connect to each other. "Neurons that fire together wire together", aka Spike-timing-dependent plasticity which developed from Hebbian theory in 1949!



It's not our job to fix the client's problem. It's our job to break the problem. The client will fix it for themselves.



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