



The NLP Café

Structured NLP Practice Group

Changing Your Personal History using ESMR

event scope and meaning repatterning

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Changing Your Personal History

There are several nlp processes that 'change personal history'. There is the originators Bandler and Grinder. There is Robert Dilts re-imprinting, time lines (Dilts, Grinder and James) there is simply replaying and re-editing your memories (Grinder). The most common version seems to be accessing some memory and tracing the 'feeling' back to the original occurrence, adding resources, simmering for 10 minutes and bringing up the 'new' you through your time line.

Tonight's version **ESMR** has a few 'little' yet extremely important differences.

Decide on a 'event' in the past that you would like to feel differently about **and** if something similar should happen again, you would like to have different responses. This is your specific frame for this piece of change work.

1. State your intention (frame) in internal dialogue.
2. Ask the explorer to remember the event. Calibrate, shake it off.
3. Elicit the time line, associated in the here and now.
4. Disassociated from the event, mark out spatially the event's start and end.
5. Observe (stalk) the event, disassociated, from several perspectives. See and hear what is going on for that you over there as well as any other people there.
6. Tell the explorer "Its quite possible for a person to have a similar response in similar kinds of situation. So what I want to know from you is, this 'event' you have chosen to work with has there been similar kinds of events in the past or not?" If yes step into the event, associate, and allow your unconscious mind to follow the feeling back in time, take you to that first event. Step off the time line and re-mark the event as required.
7. Go a little way **before** the event, (point A), step on the time line and check kinaesthetics you ought to have no emotional response to the event in the future.
8. Step off the time line and create resource state*. Self calibrate breathing.
9. Step onto your time line (at point A), activate the resource state and breathing pattern and **move quickly through the event** to some little time after the event. Step off the time line. Breaking state.

10. Repeat step 9. another two times
11. Step onto your time line (at point A), activate the resource state and breathing pattern and step into the event, very slowly move through it and a little way beyond it.
12. Invite the unconscious and conscious to notice all the learnings that are now available as well as the new and different resources.
13. From the start of the time line, take these new learnings and resources rapidly through the time line from the start out into the futures.
14. If required repeat again for any specific events in the past and future.
15. Return to the now, associated.
16. Test. What happens when you think about that event and similar occurrences in the future...

Resource States

The opening frame is specifically general. At no point select specific or exact new responses and feelings. Why? The initial new behaviours, representations and resources will be as result of bringing and mixing a resource *state* with the past event. Allow the unconscious to generate the 'actual' resource state as much as possible.

Generate the resource state using

- Castaneda's walk of power
- Grinders new code eg alphabet/stroop game
- juggling for 10 minutes
- going for a run
- anchoring laughter
- artfully vague hypnotic suggestion
- Kevin Creedon's cloud technique

each of which, the explorer can self calibrate and model their own breathing pattern while in the resource state.