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# DECISIONS, DECISIONS, DECISIONS

*John La Valle*

Thinking about deciding brought me to a point, actually, about the FREEDOM to decide and how much we take for granted that freedom. The last bastion of freedom we have is our minds and our ability to make choices, etc. These are rights we are all born with and are ours to use.

And, yet, there are people who still want to limit our ability to think for ourselves and to learn for ourselves, and to use our own brains for ourselves. There are still those who want to have the control over thinking and deciding. It's one thing to make the choice to ask someone else for help, it's quite another to learn to help oneself. After all, it is your brain. NLP was developed to make it easier to learn to run your own brain, not to have someone else run it for you. NLP has taken away the mystery of how easy it is for someone to change! It was never based on theories and it is not seated in any other discipline. It is a meta-discipline, that is a discipline of disciplines.

So how do you go about deciding to change yourself? The first and important step is deciding what, if anything, you want to change, and why. Sometimes there is something you want to do differently, sometimes something you want to do better. But consider "why" you want to change. I know there are some in NLP who preach that we are "not allowed" to ask why, but that is so far from the basis of the technology. After all, "why" goes to the reason, the motivation, and the impetus of how strong, or otherwise, you desire the change. What is "your" criteria for your own change? Do you want to change to please someone else, others, or yourself? Think this one through thoroughly. It's one piece that most often isn't considered in the process of change.

Since oftentimes we get feedback from others about our behavior, how do we decide which behaviors to change? Do we change constantly to please everyone? I don't think so. So what criteria do you use to decide? Now this "criteria" piece is actually inside the strategy of deciding whether or not to change for yourself. It's in the T.O.T.E. If the criteria is met, the choice is made and exit the strategy, or go to the next routine. If the criteria isn't met, do you exit, or collect more information before deciding. And then, how much information is enough? How will you know? What is your criteria for information? Where do you get it, from whom, when and how?

I saw an interesting discussion regarding the question: is all perception projection? The interesting part about this that I didn't read, at least as of yet, is they both go in different "directions": one comes in and the other goes out. So which is which and when? If someone else decides to provide you with feedback about some behavior of yours, what is the feedback? is it accurate? How are they deciding that it's something for you to know? Does it require a change and how would you know?

All of these questions connect to decision strategies you have and can be decided by yourself. While I agree that it's certainly useful get additional information from outside oneself, it certainly isn't necessary to rely on others to help you to change yourself. Oftentimes, it may be useful to have someone else assist but only for one reason: they can calibrate your physiology (4-tuples) from the outside better than you can on the inside, but that only makes sense. Then, once your brain learns how to run the routine, you can always do it yourself. That's why we have exercises in training programs.

It's important to remember that the more you exercise your personal freedom, the more you can enjoy it. The more you learn to help yourself, the more you will. The more you learn to be better at something than the time before, the more you will.

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# The Blueprint of Your Life

by Mariëtte Ham

If I were to define life as a metaphor for the four seasons, in which season do you feel you are now living?

Which season are you now in and in which would you like to be? Put otherwise, in which areas are you currently dissatisfied? With your relationship(s), financial situation, perhaps your job or your children ...?

## Honest answer

We are all carried along in the maelstrom of our daily routine. A distressing message involving somebody close, or even somebody more remote, but nevertheless information that shakes you. Something that really brings you down to earth. A message that penetrates to the core of your being.

Why do we apparently need something like this to realize what is really important in life? That brings me back to my first question and I ask you to be honest when replying to yourself. How do you feel about your life right now? With which areas are you pleased, do you experience your life as being happy and in which do you not?

## Convictions and values

I hope for you that you are in a number of areas in your life fulfilled and happy. In your relationship or your job for example. What this means is that this 'fulfillment' corresponds to your blueprint for life. By this blueprint I mean your expectations and how you experience life and whether it corresponds to your idea of what life should be.

Briefly, your blueprint includes your convictions and values and they correspond to your emotions with respect to the areas in your life.

## **Mental quandary**

What if this correspondence is lacking and you feel unhappy in the various areas of your life? This means that you are in internal conflict with yourself. By the way I received from my neighbor a fantastic metaphor for this. "You are then in a mental quandary".

This often happens, in fact, unconsciously. In other words, your convictions and values (blueprint) do not correspond with your way of life or your perceptions of life. This can often cause you to block your own progress. You sabotage as it were your true self.

What do we often do when we conclude that something is not quite right? We try to rationalize it and from this comes "blame".

Who or what do we blame?

We blame:

- an incident;
- someone else;
- ourselves.

## **NLP Practitioner training**

This isn't what you want! It's not exactly what you had expected from life, is it? Do you truly want change for yourself, change to your relationship(s), job, financial situation ... are you looking for greater depth, heightened passion? Are you prepared to risk being honest with yourself, to risk that step into the process of your life, to learn how you can become emotionally fit and to focus on the things that are important to you?

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[Mariette Ham](#) is a Licensed Trainer of NLP™ and perhaps this has raised your curiosity and you would like to know more about the possibilities that TCC [Mariëtte Ham](#) has to offer. She has some exciting things coming up . . . go for more information to [www.marietteham.nl](http://www.marietteham.nl)

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# **World Cup musings from England**

## **NLP fundamentals**

### **England 1 Germany 4**

**by Bridget Clapham**

As I sit down to write this article, the England players are packing to come home after a disastrous defeat in South Africa.

The whole of yesterday evening and all day today I have been bombarded by opinions on the news, both TV and radio. There have been phone ins and emails, tweets and blogs galore. In fact, it seems that most people in the Western world and especially in England have an opinion about who is to blame and how to define the specific mistakes, and the individuals who made them, that led to the poor performance of the England Team and the disappointed, devastated and distraught states of so many millions.

Yes, I know it's just a game and yet to so many it is so much more (so I understand!) Just look at all the reduced merchandise in stores today and a small hint of the economic impact hits home. Even though I am lacking in detailed knowledge about football, I can't resist the temptation to draw some fundamental NLP learnings from what is going on.

So, pardon me for going against the flow and suggesting (she who knows nothing about football and yet a great deal about human behaviour!!) a huge about turn, mindset and strategy wise for all of those who are so very disappointed.

Might I venture to suggest that the focus of all that attention needs to change?

After all, if what you're doing isn't working-

do something else.

Lets turn attention away from post mortems about what went wrong (focus on past) and to setting some goals (pardon the pun) around some tangible outcomes for what we actually want for the future of English football!!

Let's work on seeking out and identifying some excellence at all levels in the game from the winning states, thoughts, strategies and behaviours of the managers, coaches, players and indeed teams who excel in football and who actually win matches through scoring more goals than the other team whilst playing fairly within the rules.

Then add in some expertise in modeling the excellence, combine with superb communication and coaching in state, strategy and skills building and things will begin to change-headed to achieving, well..... goals.

Just a thought - so, if they are looking for someone who knows, admittedly, just a smidgen about football and yet a good deal about NLP, modeling excellence, and coaching, and who has the ultimate contact and teacher in a certain Dr Richard Bandler who started the ball rolling (there I go again, sorry!!) re modeling in the 70's and whose genius could add a thing or two to the mix for 2014, I'm available!!!

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[Bridget Clapham](#) is a Master Practitioner and Licensed Trainer of NLP™.

She enjoys working with corporate and private clients and regularly assists Richard Bandler and John and Kathleen La Valle on Society of NLP™ UK trainings.

Take a look at what she gets up to and contact her via her website on [www.bridgetclapham.co.uk](http://www.bridgetclapham.co.uk).

You can also follow her on Twitter @bridgetclapham and also @examconfidence.

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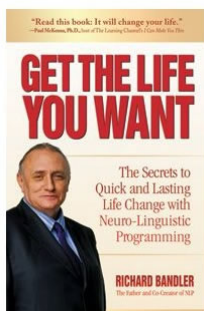
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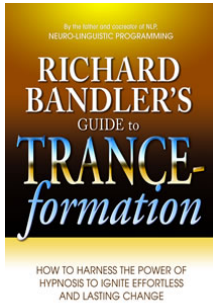
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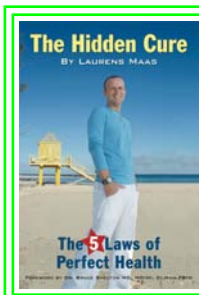
articles by Richard Bandler, Eric Robbe, Kathleen La Valle, Robert Dilts, and others!

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Regards,  
John La Valle

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