

Trying To Lose Weight, Make Other Changes There Is A Formula That Guarantees Your Success

For many folks, the path to personal change and self-improvement is a long and winding highway filled with tricky barriers. Drug companies in particular have capitalized on and created colossal fortunes because of the elusive search for the "Magic Pill" that will make all of your dreams come true. As it turns out, there is a secret formula for success, and it begins in the unconscious mind. One of the rules of NLP (Neuro-Linguistic Programming) is that "there is a positive intention behind all behaviors." And based on that law, when it comes to successfully eliminating negative behaviors, there is an equation that we should always keep in mind. I'll let you in on the secret formula in a minute. But I have a riddle for you to solve first. Riddle: A minister made his son drink lye, which burned out his vocal chords. What was the positive intention behind his action? If you are like most of the clients who have visited my office since 1978, you'll exclaim something like: "There's no positive intention behind that behavior." But you would be totally incorrect. To answer this riddle, you must disconnect the behavior from the positive goal of the behavior. The minister's son was cursing. And the preacher believes that if his son curses, his soul will be condemned to Hell. So the answer is that the preacher was burning out his son's vocal cords so that he couldn't curse. By doing so, he was saving his son's soul from being predestined to suffer in Hell. The secret equation for success works as follows: We must value the positive intent behind every behavior. If we have an impulse to employ a behavior that we do not like, we can quickly get rid of the impulse to use that behavior. What we need to do is to find a different behavior to substitute in its place. To be successful, the new action must be as accessible and effective at accomplishing the same outcome, but be more consciously acceptable to you. We call this a REFRAME. When clients come into my office, the first thing I do is to take a thorough case history. In this instance, let's say that they come to me and ask me to help them suppress their appetite. Conventional wisdom tells us that the two main reasons that anyone eats too much food are: (1) to tranquilize themselves; (2) because eating can be a behavior triggered by other behaviors that it has been associated with (a conditioned response). For example, if a person eats while they are talk on the phone, they will develop a conditioned response, and thereafter, every time they talk on the phone they will get cravings for food. However, the above answer only takes into consideration the possible secondary gain from the eating behavior. What if they also have another behavior that is concerned in the equation? For example: What if being overweight is also a behavior for this person? I can hear your mind grinding right now as you think, "Being fat isn't a behavior, what are you talking about!" Sorry but you could be entirely off the mark. Here is one classic textbook example that will demonstrate the fact that being fat can be a behavior. It can be a behavior because it can accomplish positive outcomes. Example: A woman is deeply in love. Her boyfriend breaks up with her, and breaks her heart. Her subconscious mind wants to protect her emotionally and keep her from ever having her heart broken again. So it motivates her to get fat to keep her out of relationships. That way she will not get her heart broken again. The point is that everyone is totally different. And sometimes there are unconscious elements at work causing compulsive behaviors. These are elements that are different for each person. Here's another example: A woman comes to my office complaining of an out of control urge to overeat at mealtime. During the case history, the woman explains how she was never able to satisfy her father. We did an age regression, and one of her earliest memories was of eating a meal with the family. And her father was insisting in an angry voice that she clean her plate, even though she was stuffed. So she cleaned her plate out of fear, and dad praised her for eating everything. It was one of the only times in her life that she could recall her father telling her that he was happy with her. Jump forward to present day. Dad has been deceased for years, but the subconscious program he created is still working. She still has a powerful compulsion to clean her plate, even if she is feeling stuffed, because by cleaning the plate, in her unconscious mind she is getting dad's approval, and eliminating her fear! So if you are having a problem making personal changes, you should remember that there is a positive intention that causes all behaviors. And the formula for success is to alternate another behavior that will achieve the same secondary gains, but in a manner that is more consciously acceptable to you, as an individual. The most effective way to get your subconscious mind to take the responsibility for making this kind of change for you is through an NLP Six-Step Reframe.

About the Author

Alan B. Densky, CH is an NLP Practitioner. He began his practice of NLP & hypnosis in 1978. He offers an interactive [NLP Six-Step Reframing CD](#) on his [Neuro-VISION Hypnosis site](#). Also offered are his [Free hypnosis article library](#), [NLP & hypnosis newsletters](#) and [MP3 downloads](#).

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