

NLP (Neuro Linguistic Programming)

Representation of thought





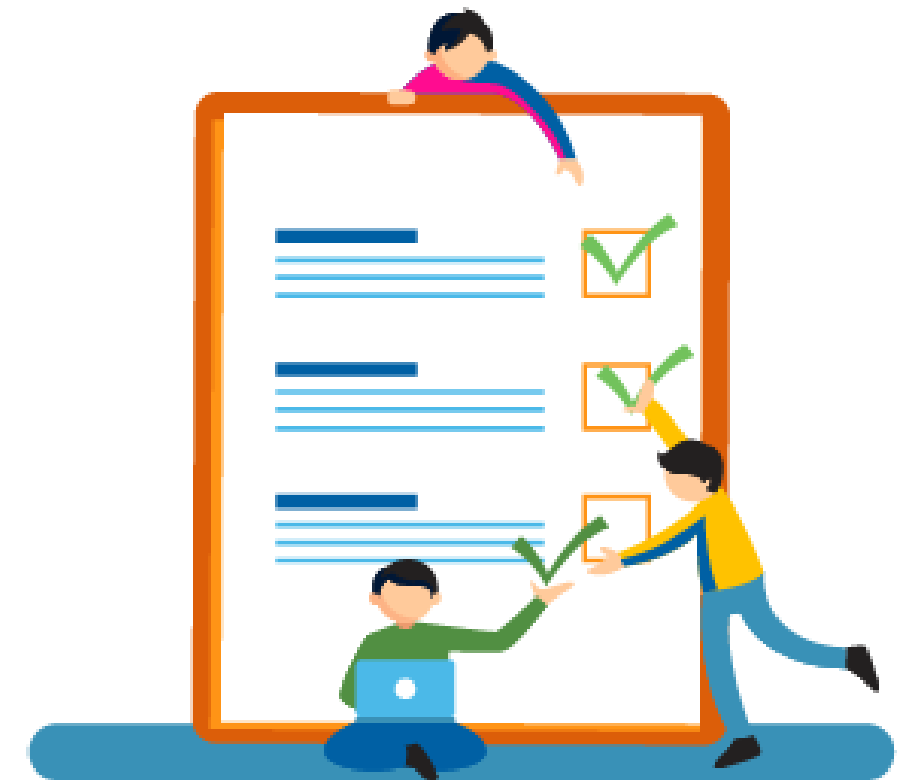
What is the structure of a thought?

There are two parts of remembering an
Experience:

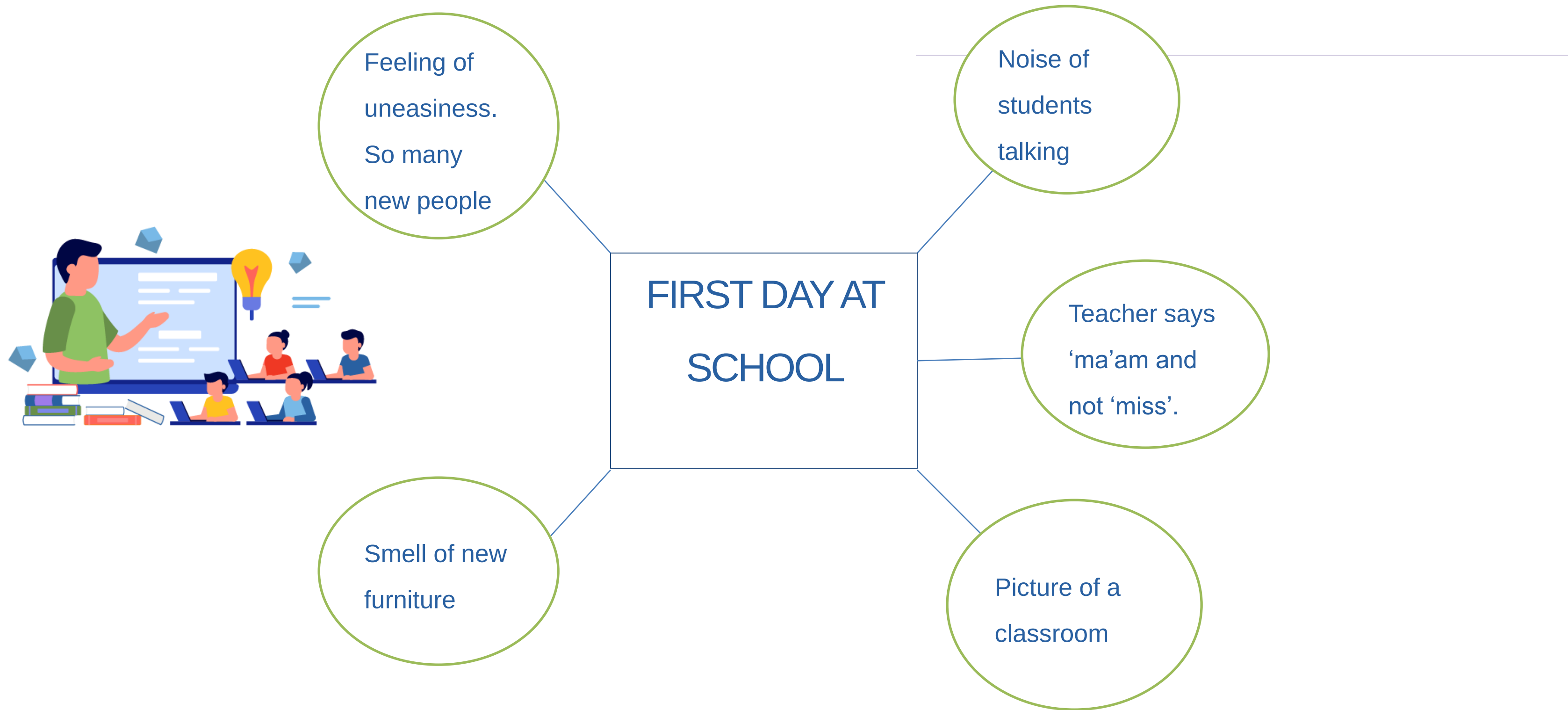
- Content
- Structure



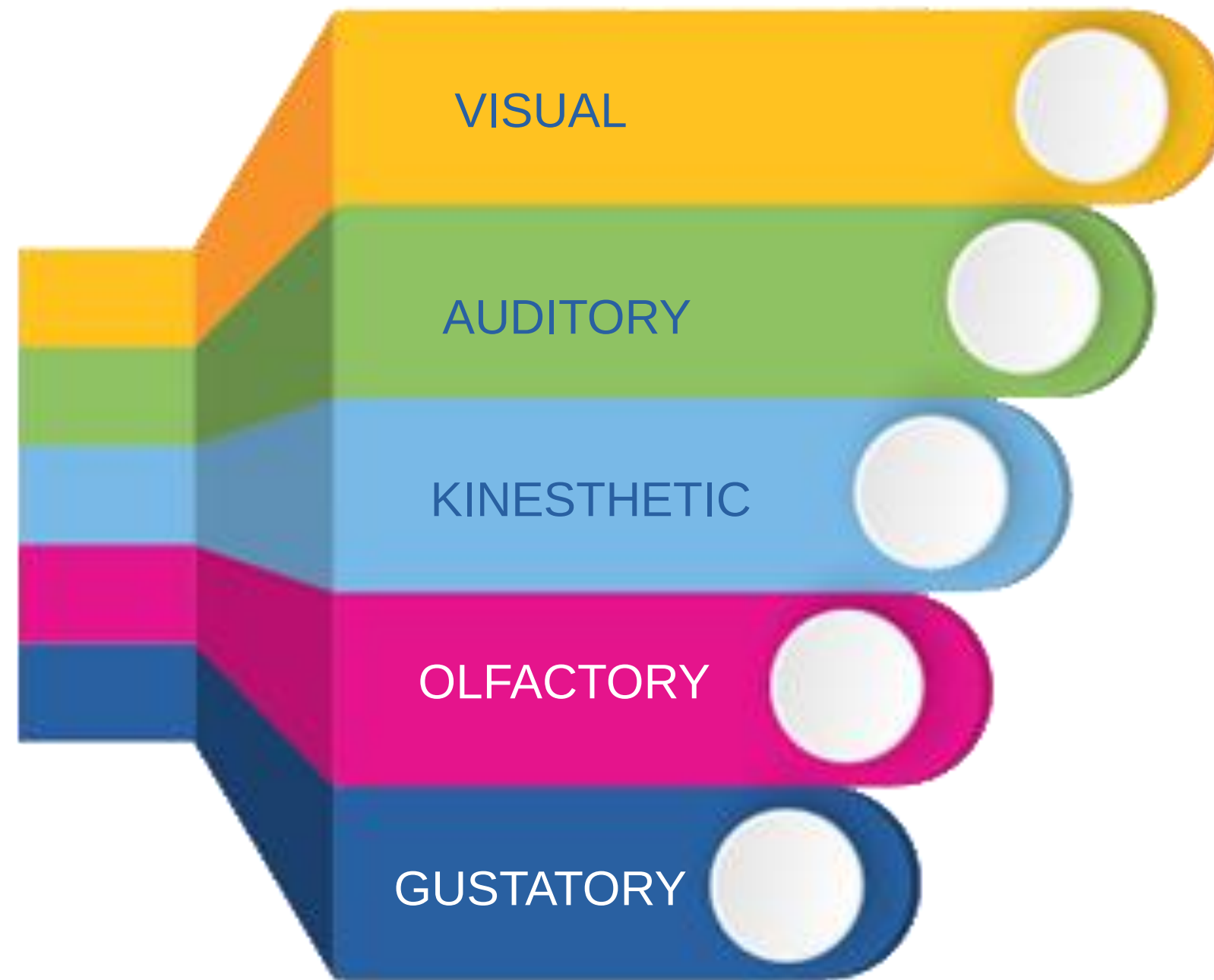
- ✓ Content is 'what' you remember.
- ✓ Structure is 'how' you remember an experience.



REPRESENTATION OF THOUGHT



STRUCTURE OF AN EXPERIENCE IS MADE UP OF:





What happens to your feelings when you make the image of your experience in your mind bigger and bigger?

INTERNAL REPRESENTATIONS

- Structure, not the content
- Ingredients of Experiences
- Sub modalities
- VISUAL
- AUDITORY
- KINESTHETIC



THINKING ABOUT THINKING!

- VISUAL – for pictures, images
- AUDITORY – for sound, tones, noises
- KINESTHETIC – for sensations, touch, pressure, feelings etc.
- OLFACTORY – smell
- GUSTATORY - taste



KEY IDEAS

- Mental Syntax
- States
- Belief symptoms
- Modeling
- Metaprograms
- Strategies
- Techniques
- Ecology



SUMMARY

- Structure of a thought
- Remembering an experience
- Representation of a specific thought
- Components of the structure of an experience
- Internal representations
- What are the key ideas?

