Bouncing Back

The greatest discovery of my generation is that human beings can alter their lives by altering their attitude of mind. If you change your mind, you can change your life.
William James

Successful, happy people rarely have easy, trouble free paths in life. Nor can their success be attributed to luck. In fact, they often have had to face failure, set backs, disappointments and losses. They've had to transcend obstacles that would have blocked most people. What's their secret? The success they enjoy comes from being able to quickly bounce back.

If you interview successful people about their strategies, you'll discover key elements of how they bounce back. Over 40 years of NLP research into the epistemology of excellence, reveals that success boils down to being able to consistently demonstrate five essential abilities:

5 Essential Qualities:

Reframing – positive attitude
Persistence – maintain state
Determination - commitment
Higher Purpose – beyond self
Letting Go – resolving loss

Some people humbly attribute their success to 'luck' because telling the truth is less popular. Envious listeners don't want to hear about hard work, determination, persistence or being able to bounce back when things don't go according to plan. Most people don't even want to be responsible for choosing the thoughts and words they speak.

Here's where NLP offers incredibly valuable tools and practical training in each of these five essential abilities, for those who are willing to learn. How well you practice these life skills depends on you.

Reframing: 'Lucky' successful people rarely waste their time or energy being pessimistic, critical, negative, or complaining. They start with being happy and appreciating what's good already. Regardless of what's happening, they carefully observe, consider all options, and quickly choose positive responses or solutions. Instead of getting hooked on one map of the world, or one preferred meaning, or some cherished belief, they willingly shift and reframe according to what will work best. They keep their focus on higher values. Here's where the NLP Presuppositions, language skills, positive questions and solution focus help to perfect this expertise.

Persistence: 'Lucky' people get lucky because they keep on having another go. They don't give up. Instead of becoming discouraged at the first hurdle, they pluck up the courage to keep going. This requires being able to access the right states, manage emotions, and stay anchored to positive beliefs. They maintain their balance from an inner centre of power. Do you make use of the NLP skills that release negative emotions? How well do you connect with positive states and access the steady energy that provides the necessary fuel for persistence?

Determination: 'Lucky' people know what they want, so they make choices that match their values with ease. Instead of inner conflict, vagueness, or dreams, they know what direction feels right for them. It's easy to commit when, despite any risks involved, the potential result makes it worthwhile. Using NLP, you can sort out what's important for you and re-organise your values to support your desired goal. Doesn't it make sense to resolve your inner conflicts and harmonize heart, mind and body towards unanimous commitment to success?

Higher Purpose: 'Lucky' people look at the bigger picture, beyond their own selfish interests. They simply think BIG. Their goals are more ambitious and therefore, more motivating and exciting. It's not just for them, their success will have a much more profound impact, and leave a legacy of contribution. So, when the going gets tough, they find the will to do it so that others can benefit, and so that no one will be let down. NLP Coaching helps you discover your true purpose. Then you can see where you and your purpose fit into a bigger plan. How are you already contributing and what more would you like to give?

Letting Go: 'Lucky' people don't lose or fail, they merely learn from mistakes and move on. When losses occur, they don't crumble. Instead of moaning and feeling sorry for themselves, they look for the upside. What can they do with this? How could this be turned around? What new opportunities could open up as a result? How can they zig zag back towards their original direction? Or perhaps a new direction beckons that could satisfy their values in a completely different way? If you currently face losses, set backs, disappointments or grief about something not turning out the way you wanted, use the NLP process below.

Next time you feel tempted to attribute success to luck, or blame something on bad luck, remember not to throw your power away. Change your thinking instead. The more willing you are to put your NLP skills into practice, the more you persist, commit and think big, and the harder you work, the luckier you'll get.

Remember that not getting what you want is sometimes a wonderful stroke of luck.
                                                                    Dalai Lama

Resolving Loss Process (adapted from 'Heart of the Mind' by Connirae Andreas)

When you face the loss of a job, relationship, a cherished dream, or the ability to perform, the grief may feel unbearable. When you have lost someone you love through accident, illness or death, you know it's time to deal with grief. If you were deprived of having a happy childhood due to abuse or neglect, this process can be used to resolve the pain of not having received the love you deserved. This process can also be used when accidents or disease interrupt your plans. Plus, when you dread some predicted or imagined loss, this process can also help with pre-grieving. Curiously this can set a relationship free, by healing the fear of loss that leads to dependency.

 Process:

1. Briefly imagine a picture of the person or situation where you feel grief or a sense of loss. Notice the size, location, distance and colour of this picture. (e.g. Often pictures of loss are distant, small and dark, feeling inaccessible.) Remember the qualities (submodalities) and let it go.

Now access a completely different picture of eith

2. er a person or event ~ no longer a part of your life ~ that makes you feel good, with a sense of presence or fullness, happiness or friendship. Note the exact qualities of this picture (submodalities). They are probably different than the ones above.

3. Check: would you have any objection to being able to think of the first person/event in this way, so that you could experience fullness instead of emptiness? Reframe or deal with any considerations that need to be addressed. Blame keeps you stuck. Letting go sets you free.

4. When you have willingess, access a picture from a happy previous time when all was well, associated with the first person/event. Just change the qualities of this picture to match the qualities of Step #2. Think about that person/event as if it was happening right now, with good feelings.

5. Close your eyes and review all the good experiences you've had with this person/event. Collect all the VALUES, such as warmth, intimacy, spontaneity, humour, intelligence, being able to appreciate yourself more etc. Place these values into a separate image in a different location. This image can be symbolic or abstract, but it must preserve the essence of the valuable experiences you had before.

6. Image a future location and time. How could you satisfy those values with other people, in other ways? This image can be vague and unclear because you don't know who you might meet or what will happen, but it should have the same warm feeling and white light energy.

7. Take that future picture and multiply it like a stack of cards, each one a little different. Scatter these throughout your future time line until you can see warm white lights twinkling and sparkling along your time line. Notice how good it feels to look forward to experiencing these values in new and different ways in the future.

Good luck is another name for tenacity of purpose.

Ralph Waldo Emerson

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Can you imagine what it means
To have no cares, no worries, no anxieties,
But merely to be perfectly calm
And quiet all the time?
Yet that is what time is for.
                              A Course in Miracles