

## NLP: Changing How Something Feels Without Talking About It

### NLP Mastery House

#### Purpose

Two dials govern how any internal experience runs: how strong it feels, and where it's headed. Confusing the two is the single most common mistake in change-work.

**The core distinction:** Intensity changes how strong something feels. Direction changes what it becomes — its trajectory and whether it keeps recurring.

#### Fast diagnostic – what you're hearing

- "It's still there, just calmer" → intensity shifted, direction unchanged. Target direction next.
- "It keeps coming back the same way" → direction is locked in a loop. Target direction.
- "It's fading on its own now" → direction has genuinely shifted. Stabilise it.
- "It's gone, but I feel blank/weird" → shift was too fast — check ecology, go smaller.

**The test:** don't test with feelings — test with time and recurrence. "When you check again in ten seconds, what happens by itself?"

**Common error:** turning brightness or volume down and assuming the change is complete. That's intensity work only — the loop can still be fully intact underneath.

#### Quick win – five minutes

Pick something mildly annoying (not a real problem). Notice its intensity, then its direction — does it loop, or move away? Just noticing the difference is the skill.

#### Practice this week

Next time something's bothering you, ask which dial you're actually adjusting when you try to feel better — and check it again ten seconds later to see if it holds.



*"Meaning always outlasts volume. Turn the noise down all you like — until the story underneath moves, it hasn't actually gone anywhere."*

— Mary, DSΨ

One next action

- ☐ Apply the ten-second recurrence test to one internal shift this week.

*Full training in Module 8 of the NLP Practitioner course.*