

The Space Cadet Technique at a Glance

Change how a belief is held by moving the awareness around it

Choose first. Four tests for the belief

It is about them. It limits them in a goal. They want to change it. It is held at 7 or more out of 10. If they want to keep it, leave it.

Ecology check before you start: Does this belief limit you? Do you want to change how you relate to it? If it loosened, is there anything you would lose, or anyone it would affect? Are you happy to work with this one?

The six steps

Step	What you do	The client
1 Choose	Talk first. Four tests. Ecology check. Get the belief in their words.	Says the belief
2 Rate	One to ten. Note a baseline: breathing, colour, posture, voice. Six or less: choose another belief.	Gives a number
3 Locate	Where in the body? What size and shape? Your voice goes lower and slower from here.	Describes it
4 Move the awareness	Six positions around the belief: inside, above, beneath, alongside, behind, in front. Pause after each one.	Notices, silently
5 Use what worked	Which position changed their certainty most? What could they do now to serve themselves? What are the size and shape now?	Reports, then acts, inwardly
6 Re-rate and return	Ask the number again. Bring them back into the room. Ask for reflections and the first sign of more choice.	Gives a number, returns

What makes it work in practice

- **It is content-free.** You need the belief's words, where it sits, its size and shape, and two numbers. No story, no history.
- **What moves is the awareness,** not the person and not the belief.
- **Voice is half the technique.** Lower, slower, softer. A pause after every position.
- **No change is information.** Re-check the ecology. Do not push.

What is known. Moving where you stand relative to an experience is a submodality change in NLP terms. Related research on self-distancing finds that observer positions tend to lower emotional reactivity. This exercise itself has not been tested. Treat the numbers as a snapshot and the next real situation as the test.

Stop if the person asks to stop, distress rises and does not ease, they go blank or cannot come back, trauma surfaces, or there is any thought of harm to self or others. Bring them back: eyes open, three things they can see, feet on the floor. Do not resume. Do not use this on raw or traumatic beliefs, and do not run it while driving.

Darren Shaw, NLP Trainer

Bandler, R. (1985) Using Your Brain for a Change. Real People Press. Kross, E. and Ayduk, O. (2017) Advances in Experimental Social Psychology, 55, pp. 81-136. Witkowski, T. (2010) Polish Psychological Bulletin, 41(2), pp. 58-66.

YOUR NEXT STEP

The Space Cadet Technique: Change How a Limiting Belief Is Held

The full practitioner manual: 54 pages with the exact words on a one-page script card, what to watch for at each step, a drill for each one, and a way to practise in a group of three. \$17, instant PDF download from the DSNLP store.

ravingworld.co.uk/product-page/space-cadet-technique