

NLP: How to Steal a Skill From Anyone Who Has It

NLP Mastery House

Purpose

"There are no limits other than the ones imposed by the individual on him or herself." NLP modelling is the system for studying how genius thinks, so it can be learned and taught to anyone.

The five (six) steps to modelling genius

1. Select your model.
2. Observe them in context — or have them act out the behaviour.
3. Mimic their behaviour.
4. Let them correct you — ask questions.
5. Teach the model to someone else, see if the skill transfers.
6. Codify the end product.

A structure for the questions (Neurological Levels, Dilts/Seymour): ask at each level — Environment (who/what has to be there), Behaviour (what exactly do you do), Capabilities (what skills does this need), Beliefs/Values (why do you do it, what's important about it), Identity (who do you believe you are when doing this).

The mindset that makes it work: constant curiosity, devoid of pre-existing beliefs. Assume everything you think you know is irrelevant. Let yourself be bombarded with information you don't yet understand — that's unconscious uptake happening.

Quick win — five minutes

Pick one person who's excellent at something you want. Ask yourself one Neurological Levels question about them — start with Behaviour: what exactly do they do differently?

Practice this week

Run the full five-step model on one skill, with one willing person, this week.



"Genius isn't a trait. It's a structure — and structures can be copied by anyone curious enough to look properly."

— Emil, DSΨ

One next action

- ☐ Ask one Neurological Levels question of someone whose skill you want to model.

Full training in Module 13 of the NLP Practitioner course.