

When Two Things You Want Are Fighting Each Other

NLP Mastery House

What this is for

Two things you genuinely want can pull in opposite directions — and until you see both clearly, one will keep quietly sabotaging the other.

Name both values in a conflict you're stuck in, and find what each one is actually trying to protect.

Before you start

No materials needed. Just a situation where you feel torn between two things you both want.

- A real situation where you keep going back and forth — e.g. security vs freedom, ambition vs rest.
- 10 minutes, paper and pen recommended

The exercise

Give both sides a fair hearing before trying to resolve anything.

1. Name value A and value B in your own words — the two things pulling against each other.
2. For value A, ask: what does having this protect me from, or give me?
3. For value B, ask the same question.
4. Ask: is there a version of this decision where both get at least partly honoured, rather than one winning outright?

Your notes

Jot whatever surfaces — full sentences not required.



What you noticed

What did each value turn out to actually be protecting?

Your one next action

Small enough that it actually happens. Before we next meet.
