

The Hidden Logic Behind Every Excuse

NLP Mastery House

What this is for

Every excuse has a hidden piece of logic holding it together — find it, and the excuse stops working on you.

Uncover the unspoken rule making an excuse feel true — a cause-effect link, a judgment with no named source, or an assumption about what something means.

Before you start

No materials needed. Just an excuse you keep reaching for.

- One excuse you use often — for yourself or to others — that you suspect isn't the whole story.
- 5–10 minutes, alone

The exercise

Say the excuse out loud first. Then go hunting for what's hidden inside it.

1. Write the excuse exactly as you say it — word for word.
2. Find the hidden cause-effect: what does it claim makes what happen ("Because X, I can't Y")? Ask: does X really make Y impossible, or just uncomfortable?
3. Find the hidden judgment with no named source: any "should," "can't," "everyone knows." Ask: according to whom? Says who?
4. Find the hidden mind-read: any claim about what someone else thinks or would think. Ask: how do you know that, specifically?

Your notes

Jot whatever surfaces — full sentences not required.



What you noticed

Which piece of hidden logic turned out to be the weakest?

Your one next action

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