

Changing a Feeling Without Talking About It

NLP Mastery House

What this is for

Once you know which sensory quality carries a feeling's charge, you can turn that quality down — without ever discussing the memory itself.

Directly change the intensity of an unwanted feeling by adjusting the picture or sound carrying it, not by talking about why you feel it.

Before you start

No materials needed. Just a mild-to-moderate unwanted feeling tied to a specific memory or thought.

- A memory or thought that still carries a charge — keep it mild, not your biggest one.
- 10 minutes, somewhere you won't be interrupted mid-thought

The exercise

Change one quality at a time. Notice what happens to the feeling before moving to the next.

1. Bring the picture to mind and notice its size, distance, and brightness.
2. Shrink it and push it further away. Notice what happens to the feeling's intensity.
3. If there's a voice or sound attached, turn its volume down, or change its tone to something flatter.
4. Once the charge has dropped, hold the new, smaller/quieter/further-away version for a few seconds and notice how it settles.

Your notes

Jot whatever surfaces — full sentences not required.

What you noticed

Which single change — size, distance, or volume — dropped the charge the most?

Your one next action

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