

Talking to the Part of the Brain That's Already Listening

NLP Mastery House

What this is for

You don't need a direct instruction to guide attention — a command hidden inside a bigger sentence lands just as clearly, without triggering resistance.

Practice building a sentence that carries a suggestion inside it, aimed at yourself first.

Before you start

No materials needed. Just something you want to feel more willing or able to do.

- One thing you want to feel more willing or able to do — e.g. speak up, relax, start.
- 10 minutes, said out loud

The exercise

Say each sentence out loud and notice which lands more naturally.

1. Write the direct version first: a plain instruction to yourself — "Relax." "Start now."
2. Wrap it inside a bigger, ordinary-sounding sentence, with the command marked out by a slight pause or emphasis: "As you read this, you might notice you can just relax."
3. Try a second version using "you might find that..." or "you can begin to..." in front of the same command.
4. Say both the direct version and the embedded version aloud. Notice which one you resist less.

Your notes

Jot whatever surfaces — full sentences not required.

What you noticed

Which version did your body respond to more easily — the direct one, or the embedded one?

Your one next action

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