

Every "Bad" Behaviour Is Trying to Help You

NLP Mastery House

What this is for

Find the protective job a behaviour you dislike in yourself is actually doing — so you can keep the job and drop the behaviour.

Separate a habit's positive intention from its method, so the same need can be met a better way.

Before you start

One behaviour you keep doing and wish you didn't.

- A specific behaviour — procrastinating, overworking, snapping at people, checking your phone mid-conversation.
- 10 minutes, somewhere quiet enough to answer honestly

The exercise

Don't judge the answers as they arrive. Write the first honest one.

1. Name the behaviour precisely — what you do, when, and with whom.
2. Ask it directly: "What are you trying to do for me?" Keep asking "and what does that get me?" three times past the first answer.
3. Find the need underneath — safety, belonging, control, rest, being seen. Name it in one word.
4. List one other way that same need could be met that doesn't cost you what this behaviour costs you.

Your notes

Jot whatever surfaces — full sentences not required.

What you noticed

What did the behaviour turn out to be protecting?

Your one next action

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