

Rehearsing the Version of You That Doesn't Flinch

NLP Mastery House

What this is for

The version of you that handles a situation calmly already exists — in imagination. Rehearse it enough times and your body starts to believe it.

Mentally rehearse a specific upcoming situation until the calmer response feels familiar, not just possible.

Before you start

No materials needed. Just a specific situation coming up that you'd like to handle differently.

- A real, specific situation in the next week or two — a conversation, a decision point, a moment you tend to flinch.
- 10 minutes, eyes closed if that helps you picture clearly

The exercise

Run it through fully, more than once, before moving on.

1. Picture the situation about to start — where you are, who's there, what's about to happen.
2. See yourself responding the way you'd actually want to — calm, clear, doing the thing you'd be proud of.
3. Run it through a second time, adding in what you'd see, hear, and feel in as much detail as you can.
4. Notice one moment inside the rehearsal where the old response would normally kick in — and rehearse the new response landing there specifically.

Your notes

Jot whatever surfaces — full sentences not required.

What you noticed

What felt different about the situation after rehearsing it, compared to before?

Your one next action

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