

Sensory Predicates, Embedded Commands & Verb Tenses

NLP Mastery House

What this is for

Language does two things at once — it carries the message, and it reveals or shapes how the listener is processing it.

This handout gives you three separate levers for that second layer.

Before you start

No materials needed. Just something you'll say to someone today.

- One real message or conversation you have coming up
- 10 minutes

The exercise

Work through all three in order.

- 1.** Sensory Predicates — Write your message once. Circle the sense-words (see/hear/feel-type language). Notice which channel you defaulted to.
- 2.** Verb Tenses — Take one sentence describing a problem in the present tense ("I have a problem with this"). Rewrite it in completed past tense with a tag question ("There was a problem you had with this, wasn't there?"). Say both aloud.
- 3.** Embedded Commands — Write the direct version of an instruction you want to land. Wrap it inside a bigger, ordinary sentence, marked with a slight pause: "As you read this, you might notice you can just relax." Say both aloud.

Your notes

Jot whatever surfaces — full sentences not required.

What you noticed

Which of the three shifted something — the predicates, the tense, or the embedded command?

Your one next action

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