

Meta Model & Affirmations

The Meta Model is a series of psychology questions designed to help people change quickly & easily. It was created in the 1970's by Richard Bandler & John Grinder after modelling the work of several therapy practitioners. It can be used to help you with anything that was considered a problem.

Note all responses

What stops you from speaking English perfectly?

How would it feel if you could speak English, like a native speaker?

What happens when you speak English, like me?

Just pretend that you are English for a moment... How does that feel?

Don't convince yourself that you are going to learn English faster than anything you have learned before, now.

Notice what its like when you can speak English fluently...

Have you ever learned anything really quickly?

Submodalities

Imagine yourself speaking English right now?

See what you would see, hear what you'd hear, feel what you'd feel. Add in any sounds, smells available.

Is it a picture? What does it look like? Marco/teacher example.

Change it too brighter, happy faces, perfect understanding, them giving you a wad of cash, English journalist of the year award

Affirmations Exercise

I can learn anything quickly & easily.

English is easy.

I speak English, like a native speaker.

Say each affirmation 3 times. Notice the feelings you get and accept them. I'm completely fine with that. Just say Hi there. That's ok. I'm cool with that. Acceptance makes things go faster. Pushed & something pushed back. Push hand against students to demonstrate. Or the Bandler push one hand against the other. Continue until they have the belief.

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