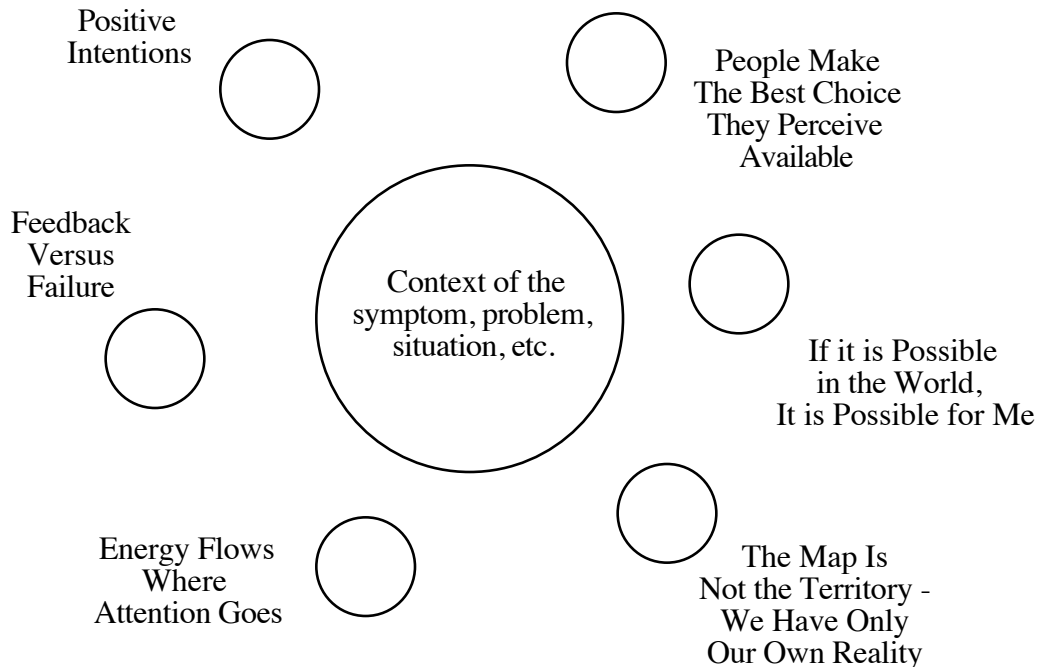


## NLP Presuppositions Exercise

The following exercise, designed by Tim Hallbom and Suzi Smith, is another way to operationalize NLP presuppositions with respect to a specific symptom, situation or problem. It involves establishing reference experiences for each presupposition and then transferring them into a particular context in which you would like to experience them more strongly.

First, lay out a space for the problem context or situation. Then arrange a series of locations, representing various NLP presuppositions, around the problem situation.



1. Standing in the context space, access the symptom or problem state, and the context in which it occurs to create an anchor.
2. Step into each presupposition space, accessing and anchoring the idea, then look at yourself in the problem context (disassociated), through the filters of the presupposition.
3. Access the presupposition fully, then step into the context space, adding the presupposition.
4. Continue around the circle until all spaces have been accessed and integrated.

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