

N-L of E: NLP works on States, NOT Emotions...

N-L of Emotions
 Emotional States

~~X~~ Break State ✓ State
~~X~~ ✓ BVR ~~X~~ Disconnected
~~X~~ Systems Thinking Associate
~~X~~ Reframing ~~X~~ Perceptual Pattern
~~X~~ Switch ~~X~~ TL
 ✓ Last Phobic Cure
~~X~~ Anchoring ~~X~~ COE
 ✓ Submodalities ~~X~~ Chunk Up
~~X~~ Resources

結果
問題

Emotions 不是/是...

Emotion ≠ State



Emotion ≠ Feeling

Def: 快速內在改變
 任何刺激
 的反應

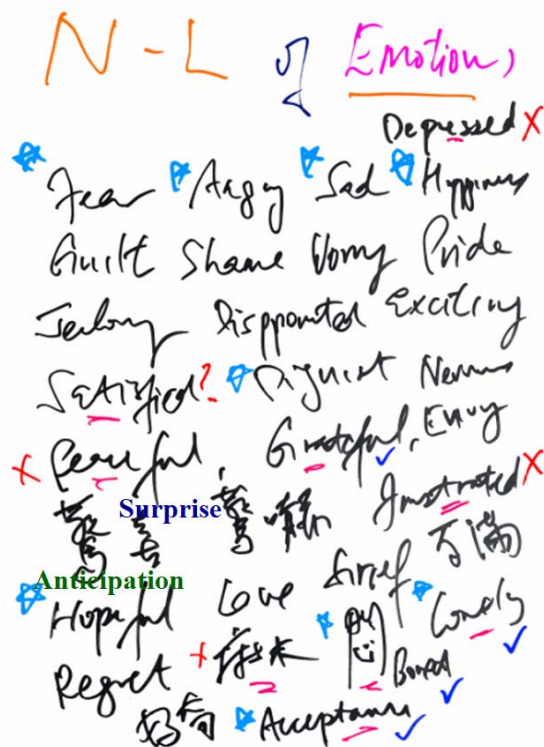
Lion → Fear → Run

只辦一次：認證NLP導師課程：www.excelcentre.net/cnlpt

N-L of E 學習目的: Emotional Freedom 情緒自由...



Neuro-Linguistics of Emotions...



2023 年度課程: www.KeithToClass.com