

## CHANGING PERCEPTIONS

Think back to the **pleasant experience** you used in Exploring Mental Perspectives. We are going to change the sub-modalities of that experience and notice what happens. After each shift, put the memory back the same way before experimenting with the next shift.

### **Visual**

*Turn the brightness of your mental image up and notice what happens. Now turn it way down. What happens now? Now put it back to the original way.*

*Bring the image really close. Then push it way into the distance. What happens? Put it back. Continue in this way.*

*Make it much bigger. Now make it tiny.*

*Make it more colourful. Drain all the colour away.*

*Change the location. If it was up right, put it down left, etc.*

*If you are "inside"(associated), step outside and see yourself over there. If you are "outside"(dissociated), step in and pull the image all around you.*

*Adjust the image until it gives you the best feeling possible.*

### **Auditory**

*Listen again to the sounds.*

*Turn the volume up and notice what happens. Now turn it way down.*

*Bring the sound closer. Now push it way into the distance.*

*Make it "surround" sound. Now have it come from a point source.*

*If it was louder in the left ear, change it to the right ear.*

*Now adjust the sounds to give you the best feeling possible.*

Congratulations, you have just changed an experience for the better by altering its structure through submodality shifts.

Now do the same for the previously less than good experience, finishing up with the changes which let you experience it more comfortably.

Find out more about how to do this and make many other changes in Changing with NLP