



Grass Roots NLP™

www.GrassRootsNLP.com

Purpose:

Change the world from the inside out, and bottom up, by providing a safe, confidential and friendly atmosphere where NLP techniques can be practiced and polished among NLP Coaches and pre-Coaches.

Text:

[The Sourcebook of Magic](#) by L. Michael Hall, PhD

Supplementary Texts:

[The Big Book of NLP Techniques](#) by Shlomo Vaknin

[Introducing NLP](#) by Joseph O'Connor

[Heart of the Mind](#) by Steve and Connirae Andreas

[Get the Life you Want](#) by Richard Bandler



Fees:

Annual Membership (Includes Text and Supplies): \$45

Rent: Varies by Location

Rules:

We are working with real people in the real world. In order to make the experiences safe and edifying for all, we have a few rules. ☺

- Confidentiality is strictly guarded, no personal details may be shared outside of the group without prior consent
- Anyone has the right to stop an exercise at any time... Call Time Out
- Focus on patterns, structure and outcome, NOT content
- Share only what you are comfortable sharing
- Check ego at the door, be curious
- Come prepared
- Come on time

Guidelines:

- Choose patterns congruent with your personality
- Transforming yourself is encouraged
- Don't fix what ain't broken
- Take roles seriously
- Have fun!

Meeting Protocol:

- 4 Minutes: Welcome and Business
- 1 Minute: Dedication to Higher Purpose
- 20 Minutes: Intervention Set 1 (15 Minutes Intervention, 5 Minutes Evaluation)
- 20 Minutes: Intervention Set 2 (15 Minutes Intervention, 5 Minutes Evaluation)
- 20 Minutes: Intervention Set 3 (15 Minutes Intervention, 5 Minutes Evaluation)
- 10 Minutes: General Evaluation and Learnings
- 15 Minutes: Assignments for Next Meeting

Guidelines for Roles:

Practicing NLP patterns with other real people interested in the benefits of NLP is at the heart of every study group. The more seriously we take the preparation and the playing of roles, the greater the benefit for all involved.

At the end of every study group, there will be time for each of the participants to sign up for roles and patterns for the following study group. This should give at least 1 week for the Coach, the Client and the Evaluator to prepare for the next group meeting and make it a success.

If for any reason you cannot attend the next meeting, please do not take an assignment, and if you do happen take an assignment and then cannot make the next meeting, please contact other members in the group as early as possible so that your role can be filled by another.

Coach:

The Coach role is responsible for eliciting a presenting problem or goal from the client, and delivering NLP patterns in response to the presenting problem or goal. A good Coach avoids being pulled into the content of the presenting problems of the client, and focuses on the process of moving the client away from un-resourceful states into resourceful states. A Coach is just a tour guide, who sheds light on existing neuro-linguistic patterns, and leads the client into adopting new, more resourceful neuro-linguistic patterns.

Client:

The Client role is responsible for presenting a problem or goal to the Coach, and following the NLP patterns as prescribed by the Coach. A good Client will be responsible for his or her own change, and will take advantage of the opportunity for the NLP pattern to transform his or her own neuro-linguistics. Moreover, a good client will not use the time to "vent" problems, but will also focus on the change process and give the NLP pattern a chance to work.

Evaluator:

The evaluator is responsible for watching the time, silently taking notes and providing constructive feedback after the NLP pattern is delivered. The Evaluator will sit beside or behind the client, preferably out of view, and will remain silent during the intervention, but can signal the Coach when there are 5, 2, and 1 minutes remaining. Going beyond the time by a minute or two is permissible if the Client requires the time to complete an exercise.

Feedback can be given to both the Coach and the Client. A good Evaluator will keep the feedback focused, positive, constructive and interactive.

Level 1 Tracking Sheet

Level 1 requires you to deliver a personal introduction, an introduction to NLP, and all 12 Basic NLP Patterns as Coach.

Pattern or Presentation	Problem or Goal	Client	Coach	Evaluator	Date/Set
Overview Presentations					
Presentation: Personal Introduction	To introduce self to the group.	Group		Group	
Presentation: Introducing NLP As Structured Magic and as a Model	To introduce NLP concepts to the group.	Group		Group	
Foundational Patterns					
Well-formed Outcome (#1)					
Pacing and Matching Others (#2)					
State Calibration (#3)					
Checking Ecology of a Pattern (#4)					
Flexibility of Responses (#5)					
State Pattern Elicitation (#6)					
State Induction (#7)					
State Interrupt (#8)					
Anchoring (#9)					
Accessing Positive Intention (#10)					
Pacing Others (#11)					
Patterns for Identity and "Self"					
Time-line (#22a)					
Time Elicitation (#22b)					

Level 2 Tracking Sheet

Level 2 requires you to deliver 10 NLP Strategy Patterns of your choice as Coach. **Hint:** Choose those you feel most congruent with.

Pattern or Presentation	Problem or Goal	Client	Coach	Evaluator	Date/Set
Patterns for Strategies					
New Behavior Generator (#63a)					
New Behavior Generator: Review (#63b)					
Forgiveness (#64)					
Allergy Cure (#65)					
Grief Resolution (#66)					

Pre-grieving (#67)					
Healthy Eating (#68)					
Resolving Co-dependence (#69)					
Speaking Assertively (#70)					
Responding to Criticism (#71)					
Establishing Good Boundaries (#72)					
Magical Parents (#73)					
Transforming Mistakes into Learnings (#74)					
Thinking Thoroughly and Wisely (#75)					
Disney Creativity (#76)					
Spinning Icons (#77)					

Level 3 Tracking Sheet

Level 3 requires you to deliver 10 NLP Advanced Patterns of your choice as Coach. **Hint:** Choose those you feel most congruent with.

Pattern or Presentation	Problem or Goal	Client	Coach	Evaluator	Date/Set
Patterns for Incongruity of "Parts"					
Collapsing Anchors (#11)					
Parts Negotiation (#12)					
Six-Step Reframing (#13)					
Aligning Perceptual Positions (#14)					
Agreement Framing (#15)					
Aligned Self (#16)					
Resolving Internal Conflict (#17)					
Advanced Visual Squash (#18)					
Patterns for Identity and "Self"					
Sub-modality Belief Change (#19)					
Dis-identification (#20)					
Re-imprinting (#21)					
Change Personal History (#23a)					
Meta-stating Change Personal History (#23b)					
Swish (#24)					
Circle of Excellence (#25)					

Pattern or Presentation	Problem or Goal	Client	Coach	Evaluator	Date/Set
Decision Destroyer (#26)					
Core Transformation (#27)					
Meta-transformation (#28)					
Making Peace with Parents (#29)					
Loving Yourself (#30)					
Self-sufficiency (#31)					
Wisdom from Inner Sage (#32)					

Level 4 Tracking Sheet

Level 4 requires you to deliver 10 NLP Advanced Patterns of your choice as Coach. **Hint:** Choose those you feel most congruent with.

Pattern or Presentation	Problem or Goal	Client	Coach	Evaluator	Date/Set
Patterns for Neuro-Linguistic States					
Visual Kinesthetic Dissociation (#33)					
Accessing and Managing Resourceful States (#34)					
State of Conscious Awareness (#35)					
As If (#36)					
Chaining States (#37)					
Sub-modality Overlapping (#38)					
Threshold or Compulsion Blowout (#39)					
Transforming Mistakes into Learnings (#40)					
Becoming Intentionally Compelled (#41)					
Decision-making (#42)					
Pleasure (#43)					
Reducing Pleasure (#44)					
Breaking Up Limiting Synesthesias (#45)					
Filing Away and Memories (#46)					
Patterns for Linguaging and Re-Linguaging					
Meta-modeling (#47)					
Meta-modeling III (#48)					
Denominalizing (#49)					

Pattern or Presentation	Problem or Goal	Client	Coach	Evaluator	Date/Set
Problem Defining / Formulating (#50)					
Patterns for Meanings/Semantics					
Content Reframing (#55)					
Context Reframing (#56)					
Reframing Sub-modalities (#57)					
Six-step Reframing (#58)					
Pulling Apart Belief Synesthesias (#59)					
Establishing Value Hierarchy (#60)					
Kinesthetic Hierarchy of Criteria (#61)					
Thought Virus Inoculation (#62)					

Level 5 Tracking Sheet

Level 5 requires you to deliver 4 NLP Advanced Patterns as Coach, and present 3 topics to the group.

Pattern or Presentation	Problem or Goal	Client	Coach	Evaluator	Date
Patterns for Thinking Patterns					
Identifying and Pacing Meta-programs (#51)					
Recognizing and Challenging Limiting Meta-programs (#52)					
Meta-programs Change (#53)					
Identifying and Disputing Cognitive Distortions (#54)					
Pattern Applications					
<u>Presentation:</u> Thinking in Patterns (ch.11)		Group		Group	
<u>Presentation:</u> What to do When (ch.12)		Group		Group	
<u>Presentation:</u> Domains for NLP Use (ch.13)		Group		Group	

Evaluation Sheet

Date: _____

Pattern: _____ Problem or Outcome: _____

Client: _____ Coach: _____ Evaluator: _____

Comments:

Rapport:

Pattern Introduction/Elicitation:

Outcome Orientation:

Delivery of Pattern:

Ecology, Testing and Future Pacing:

Other Comments / Feedback:

Evaluation Sheet

Date: _____

Pattern: _____ Problem or Outcome: _____

Client: _____ Coach: _____ Evaluator: _____

Comments:

Rapport:

Pattern Introduction/Elicitation:

Outcome Orientation:

Delivery of Pattern:

Ecology, Testing and Future Pacing:

Other Comments / Feedback:

Evaluation Sheet

Date: _____

Pattern: _____ Problem or Outcome: _____

Client: _____ Coach: _____ Evaluator: _____

Comments:

Rapport:

Pattern Introduction/Elicitation:

Outcome Orientation:

Delivery of Pattern:

Ecology, Testing and Future Pacing:

Other Comments / Feedback:

Evaluation Sheet

Date: _____

Pattern: _____ Problem or Outcome: _____

Client: _____ Coach: _____ Evaluator: _____

Comments:

Rapport:

Pattern Introduction/Elicitation:

Outcome Orientation:

Delivery of Pattern:

Ecology, Testing and Future Pacing:

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Ecology, Testing and Future Pacing:

Other Comments / Feedback: