

NLP Outcome Frame Questions – How We Begin

Each consultation will begin with an exploration of these questions. Note that we begin with the **“What DO you want?”** question, sending your brain and body on a productive search for resources. We will explore just enough of the structure of the problem or challenge [note the final “What stops you?” question] to be successful at making the changes you want. However, it is not necessary for you to stay stuck in the problem state describing it in detail for most of the session. You’ve likely spent more than enough hours, days, weeks, or months reliving the problem. In contrast, the NLP Outcome Frame orients you to resources, skills and talents, empowering you to create positive, efficient and effective change.

What do YOU want? [Make sure this is stated in the positive; and it is within your control; initiated and maintained by you.]

What will having this outcome do for you? [ID the positive value(s) or criteria to be satisfied.]

How will you know when you have it? What will you see / hear / feel? [Be specific in all channels; a detailed behavioral description of your evidence of success including visual, auditory and kinesthetic.]

When, where and with whom do you want it? [ID any situations/contexts where you may NOT want this outcome.]

How will your achieving this outcome impact other parties involved? [Check it out from other's perspectives -- is this outcome ecological for you and others, representative of who you want to be?]

What resources (skills, talents, knowledge) do you have available to you now to help you create this outcome? [ID both internal and external resources.]

How can you utilize the resources you already have? [Determine what are the first steps you can take to achieve this?]

What other resources do you need to have to accomplish this?

What stops you? [If / when a significant barrier is identified, go back to top and in the context of releasing that specific barrier - start again with the "what do you want" question.]

To schedule an individual NLP changework session, by phone or in person, please contact us at joytechconnect@yahoo.com, or visit us at www.joytechconnect.com. *Mahalo.*