

Tips for a Successful 'Over the Phone' NLP Changework Session

To Prepare ...

1. Pick a time and a place where you can feel **alert, comfortable** and **safe**; and where you will **NOT** be disturbed or interrupted by anyone or anything. For instance, if possible ensure you are at home alone, arranging your body comfortably – either seated or standing. It is best to sit upright rather than lounging. You could choose your favorite chair with a pleasant view. Choose a time for the call that is at least 2-3 hours before your normal bedtime.
2. Please, do not begin a session while at your workplace. Refrain from being in your car driving using your cell phone for your session. Not only is mixing driving with cell phone usage not the safest choice, but you are likely to be distracted from both your driving and what we may be encountering during the session. You might also lose the cell signal in the middle of the session, possibly leaving both of us ill at ease and unresourceful.
3. For any electronic equipment needed for the call – speaker phone, headset, cell phone, audio recorder – test all devices to make sure they work, power cords are plugged in, batteries are charged, etc. For a speaker phone, Bluetooth or headset, check to ensure that it works well, performing so you can both hear and be heard easily.
4. If you will be calling on a fixed phone without a speaker, where you can't move around, you may want to place a glass of water, tissues, or other necessities within reach. Tend to your body's needs before you begin the call.
5. If you are calling long distance, be sure to use a method that works for you. If using a calling card or cell phone, are there enough minutes on your account? Sessions are at least 60 minutes, sometimes 75-90 minutes. If you have a computer with Skype, we may be able to pre-arrange the details so you can place a call to my Skype account for free.
6. Whenever possible, choose a time to schedule your session so that you have a few minutes after the call to rest and reflect; perhaps writing notes to yourself.
7. You may want to have a journal or notebook handy. Check to make sure your pen or pencil works, and you have enough blank pages. Some like to have crayons, paints or colored markers as well.
8. Just before the call begins, turn off ALL your devices – the TV, music, your phone[s], and your computer – so you can fully focus on the conversation.
9. Call promptly at the designated time. If something changes, and you will be late or must postpone, let us know.

During Your Session ...

NOTE early in our session, you will learn tools to protect yourself from overwhelm and to manage your state so you can remain focused, calm and resourceful. So when I ask question or make a suggestion, begin to notice -- perhaps noticing in a new way -- what is happening for you on the INSIDE. Focus on HOW you are thinking - you may notice pictures or images; or hear sounds or voices; or you may be more aware of body sensations or emotions? If you see an image, how does it appear ... where ... how large ... color or black & white ... clear or blurry ... movie or still shot, etc. If you notice a sound or voice, how is it transmitted ... how loud ... from what direction ... whose voice ... yours or someone else's, etc. If you notice a physical sensation, how does it feel ... where is the sensation, in what part of your body ... how intense ... is it warm or cold ... does it have a pulse or rhythm, etc. If you recall a memory, notice if are you IN IT, as if you had time traveled and were actually back in that moment reliving it ... or are you observing it from a distance, as if watching the memory played back as a video or maybe a stage play?

As you share with me what information or answers may arise, you can report both on the HOW as well as the What, or the process as well as the content. For example, if I asked you "What stops you?" -- you may notice a voice in your head with a certain pitch or tone, and you may also notice that the voice comes from behind you on the right, and that it is a loud and very distinctive voice, but not yours, yelling that *'you will never amount to anything'*. Notice and report not only the words or content, but also how you experience the voice - the vocal qualities, the direction, the volume, who it sounds like, Uncle Harry perhaps, etc. You can also notice and report on what your internal response is, i.e. how does hearing that voice make you feel, or how does it impact your ability to think clearly? In the past, what behaviors might you have felt compelled to do as a reaction to hearing that voice? Noticing and reporting in this way not only helps you get to know yourself better, it also makes a phone session more coherent and constructive.

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.*