

NLP Grief Resolution

NLP has the power to change thoughts quickly. I have successfully guided numerous individuals away from grief. In less than an hour I had success guiding people who had grieved for their loved ones for over twenty years. A mother, whose daughter died a tragic death, experienced a life change in thirty minutes.

Grief has so many beliefs associated with it. Some people believe in a two week window for grieving. If they are over the grieving in *less than six months*, or if it takes *longer than six months*, other people might think something is wrong with them. In some cultures a celebration occurs, for the person who has died has completed their task on earth.

Associated versus Disassociated

- When a person is *grieving* the loss of someone, their brain is recalling that person in a *disassociated state*.
- When a person is *over the grieving* the memories of the person are processed by the brain in an *associated state*.

Automobile commercials now make use of both associated and disassociated perspectives. In one views you see what the driver would observe through the windshield. In this *associated perspective* you are *seeing* what it would be like as if *you* are turning the steering wheel and viewing the curve of the road. Older car commercials only showed the view of the car as if you were standing six feet or more away from the car. This is a *disassociated* perspective. There is a different brain reaction that occurs when you see the road through the windshield and *advertisers know this*.

The pictures of a rollercoaster will assist in further explaining the difference between *associated* and *disassociated* states. Note the difference in you body's response when viewing the different pictures of the rollercoaster. The *associated* view shows what it is like viewing from the seat, and in the *disassociated* view, you see yourself in the seat. In other words, you see *through your eyes*, or you see *your body*. Viewing through *associated*, or *disassociated* perspectives gives different neurological responses.

Associated



Disassociated



How the brain processes *associated* versus *disassociated* states, is determined by the visual representation. In eliminating grief, you need to focus on the person who you are grieving by thinking of a specific picture.

Beginning of Process

I have used the questions below to elicit a picture about a Mom who had died. The same questions can be used for others you are grieving. Simply change the name Mom to Dad.

- Where did Mom sit at the dinner table?
- Do you remember what was behind the chair that Mom sat in?
- Was there a picture, appliance or a window behind Mom?
- Was Mom petite?
- Could only a small portion of Mom's torso be viewed?
- Was Mom tall?
- Was the larger portion of her upper body seen?
- What color hair did Mom have, and was the style long or short?
- Was Mom's face round or oval?

If you have followed along with the questions above and selected a picture in your mind then proceed to the next step. This picture of Mom is being represented in a *disassociated* perspective.

Locate the *disassociated* picture

Pretend that a large ten foot by twenty foot video screen is in front of you about ten feet away. See the *picture* Mom on the video screen. Note the location of the picture of Mom, on the screen. Is the picture up to the right, down to the left, in the middle, down below the center, etc? This may take a few minutes to determine, and with a little persistence the picture of Mom will be found. Keep thinking of the questions until you find the location of the picture. The place, where the picture of Mom is located, represents a *disassociated* view. The location will be different for different people, *just note the location*.

Locate any *associated* picture

The next step in the process is to identify someone who has died, but does not elicit the feeling of loss or grieving. Think of a grandfather, a grandmother, a neighbor, a great aunt, friend, etc. Using the previous questions as a guide, create a list of similar questions about this second person. With the questions answered, follow the same process as before using the pretend video screen.

The second person will be in a different location on the screen. This second position represents an *associated* view of someone. Once again it does not matter *where* the picture is located. *Just note the location*.

Eliminating the grief

The final step in the process is to move the picture of Mom to the same location as the second person on the pretend screen. Take as much time as you need. Move the picture as *slowly as needed*. This may take several attempts. Notice the different feeling with the picture of Mom in the new location.

I have had people cry tears of joy after they moved the picture. Thoughts of love, happy times, and other memories occur after this process. They are now remembering the loved one in an *associated* state. Many of the people I have guided through this process have considered this a miracle. Remember, *a miracle is in the eye of the beholder*.

This same process can also be used for a pet. Just find *disassociated* and *associated* pictures in your mind. Using the same process move the *disassociated* picture to the location of the *associated* picture.

The “Grief Resolution Process” was developed by Connirae and Steve Andreas at NLP Comprehensive. The website NLPCO.COM has other information such as “The Allergy Process” for removing allergies and “The Forgiveness Pattern”.