

Veterans Coaching Alliance

Behavioral Issues

Information from The Tad James Co <https://www.nlpcoaching.com/behavioral-issues/>

Behavioral Issues

DISCLAIMER: This information is presented for educational purposes only. Nothing presented here should be construed as medical advice and/or as a replacement for allopathic and official medicine. This information is not intended to diagnose, treat, mitigate or cure any condition. If you have a medical condition, seek the advice of a competent health care provider.

Behavioral disorders are those **behaviors that are disruptive** (or even harmful) to the individual and those around them. There are many different behaviors that fit the profile but there are some which merit special attention.

NLP and **Time Line Therapy®** do not claim to cure any of those behaviors; they simply have a different perspective and can offer effective tools for improvement. Labels associated with specific behaviors only worsen the mindset of an individual, and NLP and Time Line Therapy® focus on immediate change skills and techniques.

From the beginning of the NLP Practitioner Training we learn that behaviors, although established by repetition, can be modified and changed. We learn that a behavior is made of different components:

Modalities (pictures, sounds, feelings, smells and tastes we use as our Self-Talk)

Submodalities (those distinctions we all do inside our minds to distinguish like vs. dislike, to set firm our values and beliefs, etc.),

Anchors (the relationships between an external input and an internal emotional state)

Strategies (how we do things)

Values (unconscious filters clarifying what's important to us)

MetaPrograms (unconscious programs we run which filter our experience)

Time Line Therapy® offers immediately applicable skills and techniques in how we experience and use Time. In many cases, behavioral issues have a time component associated with them. By learning how to change the direction and location of the individual Time Line during the Time Line Therapy® section of the NLP Practitioner Training, individuals can change the unwanted behaviors as well.

Time Line Therapy® also can assist in how to remove Negative Emotions like shame and guilt and the stigma associated with those un-useful behaviors. Time Line Therapy® offers the application of this knowledge also valuable in the physical body (leading to positive and constructive behaviors), as well as mentally (intelligence and awareness), and emotionally (releasing of Negative Emotions).

NLP offers techniques for changing any of the component parts of a particular un-useful behavior, thus changing the final resolution. In the language section, once we understand how behaviors are labeled, and that the label is never the experience itself,

we can then reframe the meaning associated with the label thus relieving the associated emotional burden.

All in all, NLP and Time Line Therapy® can be effective tools for individuals wanting to change the unwanted behaviors by unpacking the component parts of each behavior, changing it, releasing the Negative Emotions and Limiting Beliefs as well as Limiting Decisions associated with it, and developing new strategies in place for new and constructive behaviors.

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