How Neurolinguistic Programming Can Undo Limiting Beliefs

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Abstract

Neurolinguistic Programming consists of many techniques that can alter behaviour (unfavourable), the state of mind and for general self-development. In medical colleges especially, students face a lot of stress and pressure in terms of handling their academics and personal life. They themselves start believing that they can't cope up. This compromises their performance. "Undoing Limiting Beliefs" is one of the techniques used in NLP to help the subject overcome their own limitations.

Undoing Limiting Belief works on the principle that our subconscious can be influenced to change some of our "beliefs". This principle can be demonstrated by the Suggestion technique, through which we can see immediately the changes occurring due the influence of the mind. Undoing Limiting Belief consists of a small exercise that can be done by the participant/volunteer, chosen at random. This study will then take into account the immediate results of the exercise by giving the participants a simple questionnaire in which the participant/volunteer will rate the intensity or extent of their limiting belief before and after performing the exercise.

This study aims to create an awareness about NLP techniques among the students and to explain how it works on our minds, in terms of neurological connections. It also aims to make the audience understand how they can use simple exercises to help them achieve their goals by empowering their mind to eliminating their own limitations.

In conclusion, the study aims to show the efficacy of NLP in training ourselves by taking the example of Undoing Limiting Beliefs. We expect to see changes in the way the participant/volunteer rates their limiting belief. By this, the study aspires to show the efficacy of NLP and to teach the students to use this technique to improve the quality of their life.

Keywords: *Neurolinguistic, Neurolinguistic Programming (NLP), mind, undoing limiting beliefs.*