

This guide helps you remember the NLP master practitioner patterns, so that you can make the biggest difference to your clients with the least effort.

It presupposes that you

- have practiced the pattern before
- understand the flow of each one (even if you don't remember the exact sequence)
- know when to use each pattern
- understand which patterns work best with which types of processors.

I also presuppose that you understand

- NLP terminology
- how to set anchors
- what submodalities (SMD's) are
- questioning using the Meta Model
- Milton Model language patterns

Neuro-Linguistic Programming is some powerful technology. Use it wisely, remember to check for ecology, and to make it fun.

Enjoy

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