

NLP presuppositions

At the heart of NLP are the presuppositions, which guide the whole approach and which underlie the thoughts, interpretations and suggestions made by NLP practitioners. They do not need to be accepted as the absolute truth, but acting as if they were true can make a difference in your life and in your teaching. These are the three most important ones:

1. **The map is not the territory:** We all have different maps of the world and react to them. Our maps can be changed as can be our reactions based on our maps. This can be done with the help of NLP.
2. **All behaviour has a positive intention:** Every problem/challenge has a potential for further development. Thus, the direction in which you look for solutions, the emotional mood and probability of success can change for the better.
3. **Mind and body are interconnected:** If you change your thinking, it will change your mood, your perception, your choice of words, your behaviour and your inter-personal relationships – that makes change possible.