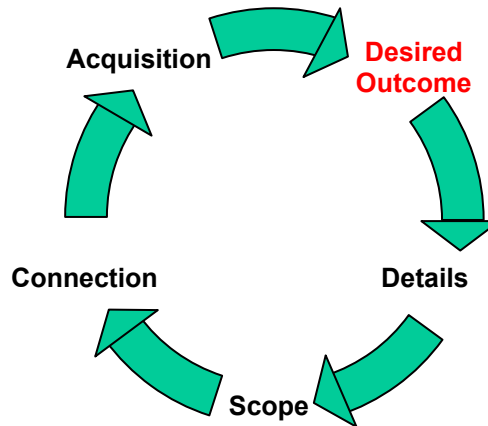


The Modelling Model

You may be part way through a project, or you may be at the starting point. Either way, you can use this model to gain insight and new information.

Step into the circle and when you are ready move to the first stage:



1. DESIRED OUTCOME

- What do you want to model/What have you been modelling? What do you want to be able to believe, feel, do, for yourself and/or for another?
- What does it see/hear/feel like to you? What would you see/hear/feel once another has acquired it?

2. DETAILS

- What Exemplars have you chosen/will you choose?
- Consider all the details you have gathered/will gather – consciously and unconsciously

3. SCOPE

- From the following list, select at least 3 filters and sift your details with each filter.

Digital

- Meta programmes
- Beliefs
- Metaphors
- Meta model patterns
- States
- Submodalities

Analogue

- Sequences
- Processes
- Pattern systems
- C -> E
- Strategies
- TOTE

- Notice what information stays each time. Notice if any patterns emerge.

4. CONNECTION

- What fits/could be fitting? What doesn't fit/might not fit?
- What is/could be essential?

5. ACQUISITION

- How have you/can you NLP-ise it, using NLP components?
- How are these being received?
- Are you getting the results you were/are looking for?

6. DESIRED OUTCOME

- Have you achieved your evidence?
- If No, is there any area you want to revisit?

7. FINALLY

Take yourself now into the centre of the circle and experience the completeness of the experience so far.