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NLP Discovery

<http://www.nlpdiscovery.com>

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A personal message from Tim & Sue

We hope the summer is providing you with flexible and creative ways to enjoy the varying climactic conditions! We have enjoyed some trips overseas with Tim heading off to Japan and Sue exploring the waters of Turkey, both inland and coastal. We are looking forward to catching up with many of you in the Autumn as we continue to explore how NLP can enable us to enhance and direct our lives.

Featured Article

Limiting your abilities

We were doing some training with some Youth Groups recently on developing communication and enabling young people to recognise how they place limitations on their lives. We found the following information about training fleas an interesting analogy which we would like to share with you.

Flea trainers have observed a predictable and strange habit of fleas whilst training them. The flea trainer lures the unsuspecting fleas into a jar and because fleas are big jumpers, the flea catcher immediately puts a lid on the jar to keep the fleas from jumping out. The fleas will jump up and hit the lid of the jar over and over again.

After a while the fleas begin to jump so that they only reach just below the lid.

Now here's the interesting part...when the flea trainer takes off the lid, the fleas continue to jump to almost where the lid was, but they will not jump out of the jar. They act as though the lid is there. Why? Despite the fact that fleas can jump incredibly high they have conditioned themselves to jump to a certain level and even when there are no limitations they continue to act as if there are.

Tip of the month

How to recognise the limitations that you and others put on you

Step 1

Think through the different aspects of your life: your work, your home, your social interactions, relationships and any other aspects of your life.

Step 2

Consider whether there are particular areas of your life where you may condition yourself to act in a certain way, limiting or restricting yourself and never reaching or re-reaching your potential?

Consider how often we take someone else's limits as our own and forget how far we can go ourselves? How often are we prepared to jump out of the jars that we, and others construct for ourselves?

Step 3

Start by identifying one aspect of your life that you would like to improve and excel in. Identify any limitations that exist and consider whether these are limitations imposed by you or by others.

Step 4

Let's get creative ... imagine what it would be like if you acted as if there were no limitations in this area. How much could you improve and excel in this aspect? What would the difference be? How will you feel without the limitations and how will you act? What will others see when they look at you acting and living without the previous limitations that were imposed? Identify with this *new you* and notice the differences. Identify the first step that you can take today and two more steps to take during the next week to enable you to exceed your limitations and take the lid off your jar.

Let us know how you get on – we enjoy hearing how our tips are making a difference to you.

Quotations to reflect on

"You've got to know your limitations. I don't know what your limitations are. I found out what mine were when I was twelve. I found out that there weren't too many limitations, if I did it my way."

Johnny Cash (1932 – 2003)

People mistake their limitations for high standards.

Jean Toomer (1894 – 1967)

The new limitations are the human ones of perception.

Milton Babbitt (1916 -)

Do you want to discover more ...

Would you like to see more articles and newsletters... check out our website:

www.nlpdiscovery.com

Come and join us in action:

Tim is leading a session at the summer NLP conference NLP-by-the-sea entitled "*How to get what you want when the world around you is constantly changing*" ... check out the website www.nlpbythesea.com

Sue is leading a session at the NLP Conference in November entitled "*Drumming up a Storm*"...check out the website www.nlpconference.com

Until next time,

A handwritten signature of the name "Tim" in black ink, written in a simple, slightly slanted cursive style.A handwritten signature of the name "Sue" in black ink, written in a cursive style.

Tim Maude & Sue Beckett

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