

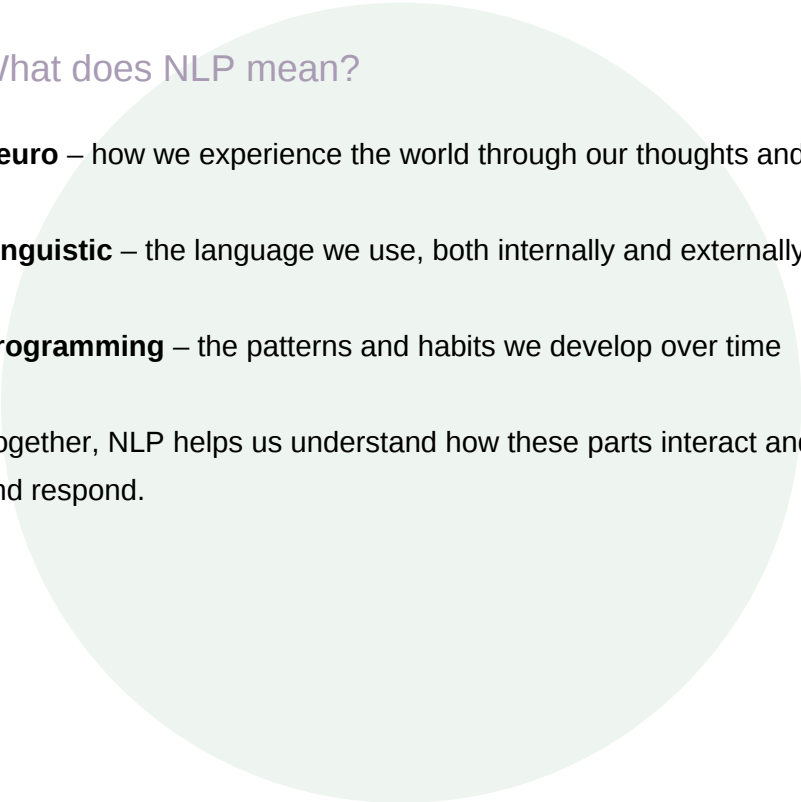


A Gentle Introduction to NLP

NLP (Neuro-Linguistic Programming) is a therapeutic approach that looks at the connection between your thoughts, language, and behaviours.

It helps to understand how patterns have formed, and how they can be gently reshaped in a way that feels more supportive.

You don't need to know anything about it beforehand—this is simply a space to begin to understand yourself in a different way.



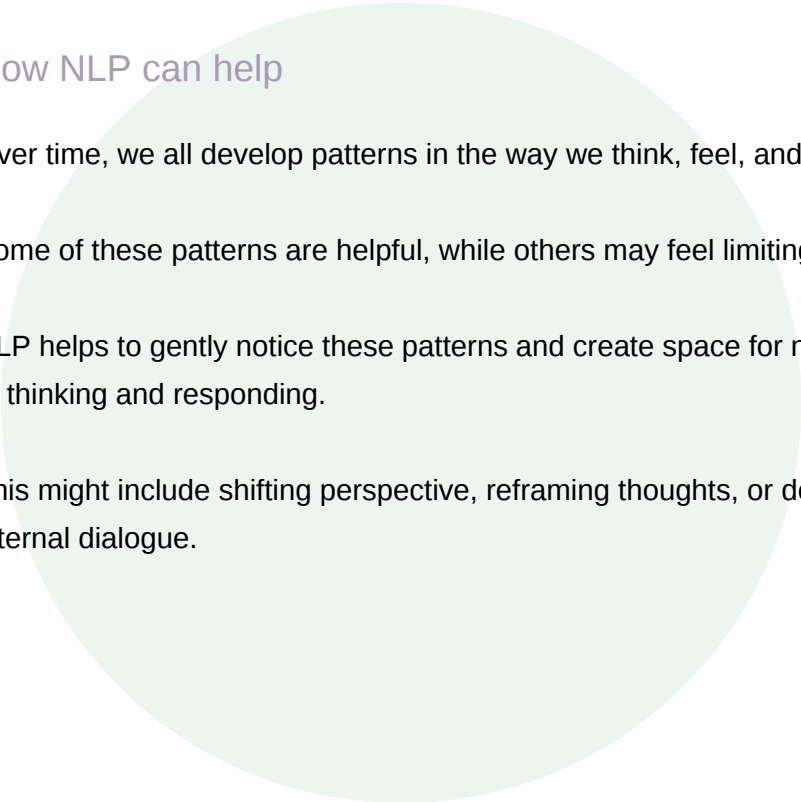
What does NLP mean?

Neuro – how we experience the world through our thoughts and senses

Linguistic – the language we use, both internally and externally

Programming – the patterns and habits we develop over time

Together, NLP helps us understand how these parts interact and influence how we feel and respond.



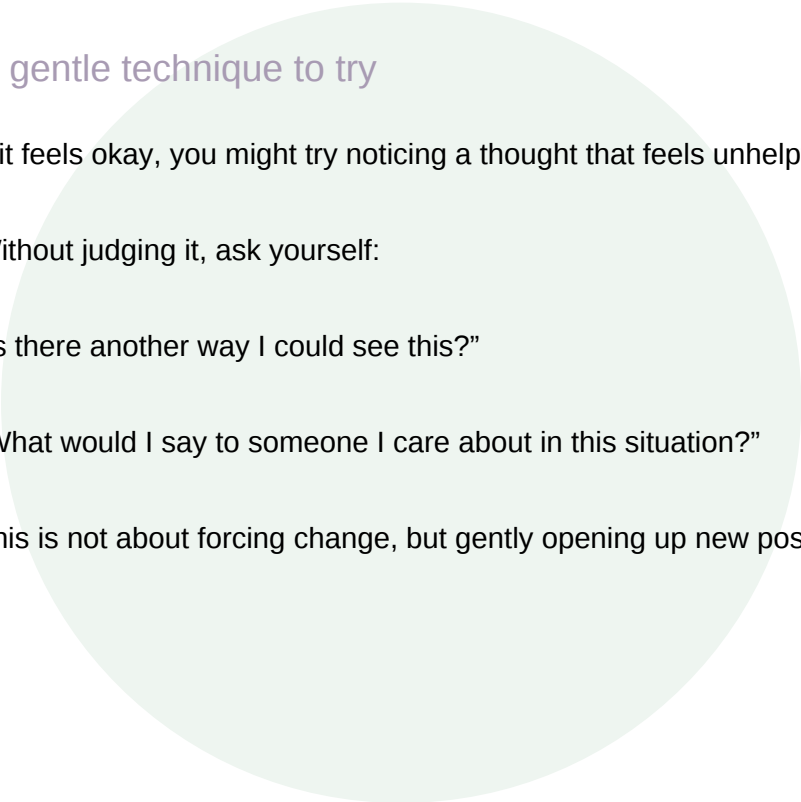
How NLP can help

Over time, we all develop patterns in the way we think, feel, and respond.

Some of these patterns are helpful, while others may feel limiting or unhelpful.

NLP helps to gently notice these patterns and create space for new, more supportive ways of thinking and responding.

This might include shifting perspective, reframing thoughts, or developing more helpful internal dialogue.



A gentle technique to try

If it feels okay, you might try noticing a thought that feels unhelpful.

Without judging it, ask yourself:

“Is there another way I could see this?”

“What would I say to someone I care about in this situation?”

This is not about forcing change, but gently opening up new possibilities.



A gentle reminder

You are not fixed in one way of thinking or being.

Change can happen in small, gentle steps.

You are allowed to grow, adapt, and find what works for you.

I'm glad you're here.