



These questions and references are for review purposes.

VALUES

(for this entire section unless where otherwise noted, see your INLPTA NLP Trainers Training Manual, and Timeline and The Basis of Personality - Woodsmall and James, Change Your Mind and Keep the Change - Andreas and Andreas, pg. 61-87, or the content will be covered in the INLPTA NLP Trainers Training)

- 1.** What are values? Why are they important?
 - 2.** What is another name for values in NLP?
 - 3.** What are the differences between wants, needs and values?
 - 4.** Which meta model distinctions are relevant in working with values?
 - 5.** What is the relationship between values and behaviors?
 - 6.** How do you elicit and calibrate values?
 - 7.** How do you denominalize values?
 - 8.** What is the relationship between context and a values hierarchy?
 - 9.** How do you elicit a values hierarchy?
 - 10.** What is the difference between ends and means values?
 - 11.** What are toward and away values?
 - 12.** How do you utilize values?
 - 13.** How do you ...
 - a) move a value up and down in a person's hierarchy?
 - b) change a value from an ends to a means (and vice versa)?
 - c) add and remove a value from a person's hierarchy?
 - 14.** What is a values conflict in self? With others?
 - 15.** What is the difference and relationship between values and beliefs?
 - 16.** What is the relationship between values and metaprograms?
 - 17.** What is the relationship between values and emotions?
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METAPROGRAMS

(for this entire section unless where otherwise noted, see your INLPTA NLP Trainers Training Manual, Timeline and The Basis of Personality - Woodsmall and James, Wyatt Woodsmall=s manual on Metaprograms, or the content will be covered in the INLPTA NLP Trainers Training)

18. What is a metaprogram? Why are they important?

19. What is the difference and relationship between metaprograms and strategies?

20. What are the following metaprograms?

- a) define each
 - b) explain how to elicit and detect them
 - c) give some applications in your area of interest (e.g. business, therapy, health, education, performance enhancement, etc.)
- a. Toward-Away
 - b. Internal-External (with check)
 - c. Global-Specific (with direction)
 - d. Sameness-Difference (with exception)
 - e. Proactive-(P)Reactive-Inactive
 - f. Possibility-Necessity
 - g. In Time-Through Time
 - h. Primary Interest - People, Place, Activity, Things, Information
 - i. Activity Things, Activity People, Activity Systems
 - j. Self-Others (and Loop)
 - k. Convincer (rep system, time frame)
 - l. Options-Procedures
 - m. Index Computations - Internal Processing, Internal State, External Behavior
 - n. Past-Present-Future-Atemporal
 - o. Challenge-Ease
 - p. Power-Affiliation-Achievement
 - q. Independent-Proximity-Team/Cooperation
 - r. Toward/Away from Harmony - Toward/Away from Disharmony
 - s. Task-Maintenance
 - t. Decision Sort - Looks Right, Sounds Right, Feels Right, Makes Sense
 - u. Rule Structure - combinations of My Rules, Your Rules, No Rules, Our Rules, Their Rules, THE Rules
 - v. Contextual-Detailed

21. What are some ways to change from one metaprogram sort to another?

22. List at least 5 ways you can develop more requisite variety with metaprogram sorting.

23. How do you do the Disney Pattern?

- Tools for Dreamers - Dilts, Dilts, Epstein
Strategies of Genius - Dilts, pg.161-216

LOGICAL LEVELS AND LOGICAL TYPES

24. What are logical levels? Why are they important?

25. What are logical types? Why are they important?
Structure of Magic Vol. 2. - Bandler and Grinder pg. 33-36

26. How do you track for logical levels?

27. How do you track for logical types?

28. How do you create a therapeutic double bind?
- Trance-Formations - Bandler and Grinder, pg. 125-126

29. How do you break a limiting double bind?

CRITERIA UTILIZATION PATTERNS

(for this entire section unless where otherwise noted, see your INLPTA NLP Trainers Training Manual)

30. What are Criteria Utilization Patterns?

31. What is another name for Criteria Utilization Patterns?

32. What are the two forms of surface structures on which Criteria Utilization Patterns can be best applied?

33. When are Criteria Utilization Patterns useful? Name at least 3 contexts.

34. List the Criteria Utilization Patterns that you know.

MODELING

(for this entire section unless where otherwise noted, see your INLPTA NLP Trainers Training Manual)

35. What is modeling?

36. What is the difference between Modeling I and Modeling II?

37. What is the difference between inside and outside modeling?

38. What are the keys to inside modeling?

39. What are the key components of outside modeling?

40. What is the test for modeling success?

41. What are the by-products of the modeling process?

42. What are the steps of the modeling process?

43. What are the components of genius?

44. What is the relationship between pre-selection and training?

45. What are heuristics?

46. What is task decomposition and why is it important?

47. What is contrastive analysis?

BELIEFS

(for this entire section unless where otherwise noted, see Beliefs - Dilts, Hallbolm and Smith, and Changing Belief Systems with NLP - Dilts)

48. What are beliefs? Why are they important?

49. How are beliefs different from values?

50. What is the difference between believing and knowing?

51. What is a belief system?

52. What are core beliefs?

53. How do you elicit and detect core beliefs?

54. What is a belief molecule? How do you work with it?

55. Name at least 3 different techniques you know for changing beliefs. Give a brief outline of each.

56. What is the difference and relationship between a belief strategy and: a convincer strategy, a reality strategy, and a truth strategy

57. When and how would you do an identity level change?

TIME CODES AND TIMELINE

(for this entire section unless where otherwise noted, see Timeline and The Basis of Personality - Woodsmall and James, Wyatt Woodsmall's manual entitled Time Codes, Heart of the Mind - Andreas and Andreas pgs. 191-212, Change your Mind and Keep the Change, - Andreas and Andreas, pgs.1-36)

58. What are temporal submodalities?

59. What is a time code?

60. What is a timeline?

61. What is the significance of the typology of a timeline?

62. How do you shift a timeline?

63. What is the basic pattern for a timeline intervention?

64. How do you do a decision destroyer? When would you use it?
- NLP, The New Technology of Achievement - Andreas and Faulkner, pgs. 275-277

65. How do you do the now patterns?

66. What is the relationship between the 4 time orientations (past, present, future, atemporal) and emotions?

EMOTIONS

67. What is the difference and relationship between sensations, feelings and emotions?
- See you INLPTA NLP Trainers Training manual

68. How would you use timeline as an intervention to change emotions?
- Timeline and The Basis of Personality - Woodsmall and James, Wyatt Woodsmall's manual entitled Time Codes, Heart of the Mind - Andreas and Andreas pgs. 191-212, Change your
- Mind and Keep the Change, - Andreas and Andreas, pgs. 1-36, The Emotional Hostage - Cameron-Bandler, pg. 57-59

SEMANTIC PRIMES

(this entire section will be covered in the INLPTA NLP Trainers Training)

69. What is a semantically dense or semantically packed word?

70. What is a semantic prime?

71. What is a semantic response?

72. What are prime concerns?

OTHER

73. How do you create and utilize a sliding anchor?
- will be covered in the INLPTA NLP Trainers Training

74. How do you do submodality chaining?
- Insiders Guide to Submodalities - Bandler and MacDonald, pg. 76-81

75. What is the Meta Model 3 format?
- will be covered in the INLPTA NLP Trainers Training

76. What is reimplanting? How do you do it?
- Changing Belief Systems with NLP - Dilts
- Beliefs - Dilts, Hallbolm, Smith, Chapter 4

77. How do you do the Meta Mirror?
- Changing Belief Systems with NLP - Dilts pg. 190-199

78. How do you unwire a synesthesia through circuitry clearing?
- Changing Belief Systems with NLP - Dilts

79. What other ways do you know of to unwire a synesthesia? Name at least 3 and give a brief explanation of each.

80. What is your evidence procedure for knowing your work is ecological?

81. How do you approach making a systems intervention? (i.e. families, teams, etc.)
- Structure of Magic Vol. 2 - Bandler and Grinder pg. 123-161

82. How do you approach resolving a team crisis as a mediator?
- Structure of Magic Vol. 2 - Bandler and Grinder pg. 123-161

	<p>83. How has your life significantly changed by your integration of your Master Practitioner skills, and how will you continue to make evolutionary changes for yourself into the future?</p>	
	<p>INLPTA USA / America</p> <p>Wyatt Woodsmall 1201 Delta Glen Court Vienna, VA 22182-1320</p> <p>phone (703) 757-7945 fax (703) 757-7946</p> <p>www.inlpta.com wyattwoodsmall@compuserve.com</p>	<p>INLPTA Europe</p> <p>Bert Feustel Herzogstr. 83 80796 München</p> <p>phone ++49 / [0] 89 / 30779962 fax: ++49 / [0] 941 / 5992 30813</p> <p>www.inlpta.org bert.feustel@inlpta.org</p>