

Nasreen - NLP Modelling Project

Imagine dense lush green forest with tall trees watching pristine white clouds floating the deep blue sky. In Summertime, the Sun sinks down beneath top of trees with light streaks through in shadowy beams turning green leaves to gold. On the wintry days, the fogs cast the beams of light into sepia tones and the woodland becomes the most beautiful photograph.

In middle of the Forest stands, Mini the small tree quietly elegant in twilight. Her trunk is wide and uneven with knots like grandfather's knobby knees. Dark green new leaves are soft and velvety, old ones crunchy as starch paper. Her sap feels sticky caramel toffee. Mini smells of mud and freshness

Yet Mini is so unhappy. **"I am not good enough "**.

This thought sharp as a knife pierces Mini deeply and she is dying inside. One fine day Mother Nature unleashes her fury and rains ravage the forest for days leaving behind ruins. In the midst of ruins Mini Stands Still. There is eerie silence around.

Mini opens her eyes and whispers to her **"Well Done "**. **Mini feels alive.**

Few years pass by, Forest is restored to its glory, Mini stands Still breathing in sweet seductive fragrance with smiling aura forever.

This Mini is me , Three years ago when I start on my journey of self-discovery and look into the mirror I was not happy with myself , constantly comparing myself with others , self-critical ,judgmental working hard to overachieve with deep-seated feelings of fear, terror, and rejection.

Current State

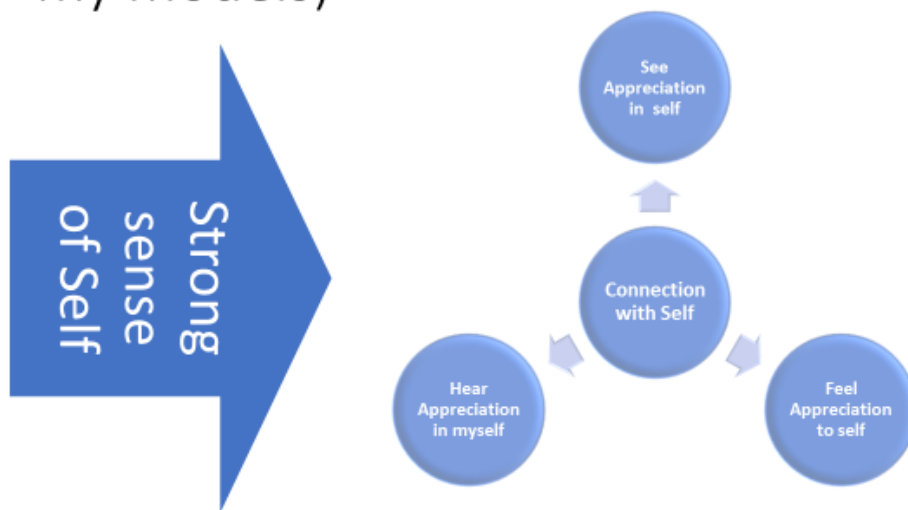
I have come a long way from this state and with self-awareness I started psychological inquiry with relative truths of what I am experiencing right now, it involved opening and exploring the meaning of that experience, and as I gently inquired leading to the direction of deeper truth of me not having a strong sense of self , even with a weak or shaky sense of self I rise temporarily to touch state of openness am not able to integrate and fulfill these realizations in life. Hence concluded **my outcome is to develop a strong sense of self**

And Well-formed outcomes describes the behaviors which i am going to feel , see and hear when I develop this IT

My Well-formed Outcome

MY IT is developing a Strong Sense of Self. I see self confidence in my own abilities and ability to express myself confidently in personal social or professional interactions in next three months. I Listen to MY wise inner self intuition), and to act on this guidance (**Trust or Belief in Self**). Hear "okayness" from within myself. Feel warm and love towards myself. I demonstrate the behaviors invoking my personal beliefs and values in personal, professional and social environments as my behavior is congruent with logical levels.

My IT - Measurable outcomes (What I saw in my models)



The relationship I share with my own self replicates to the external world.

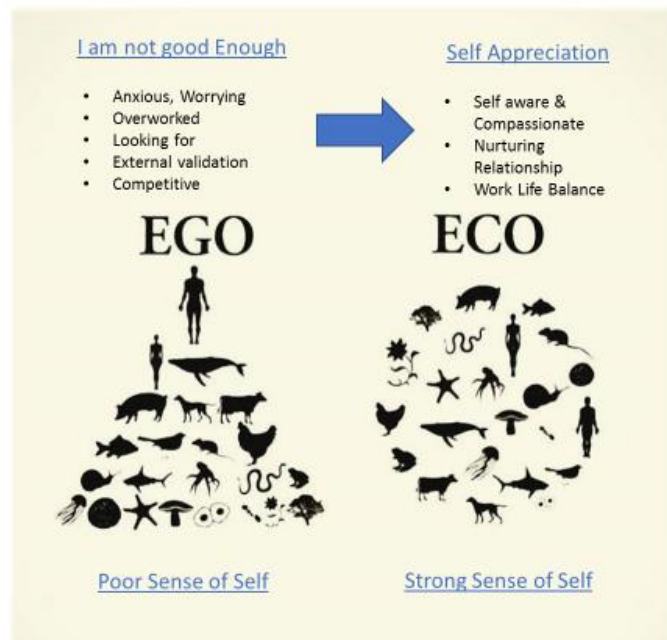
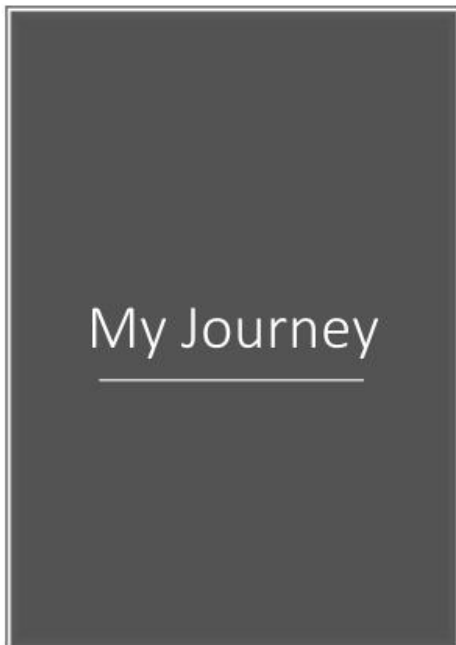
When I am warm, loving and kind and self-accepting to myself I am giving and receiving love unconditionally and this behavior is a win- win for my children, family and friends. **(Self-compassionate, appreciative and seeing in positive light)**

They are seeing me as open and I am moving forward with the new belief that “Map is not the territory” and demonstrating flexibility out of my own choice which becomes my strength. **(Letting go and keep moving forward)**

By knowing my own strength and weakness I balance being and doing which is congruent with my internal state and external environment. When I express my opinion confidently in matters of importance to me, I become responsible for my actions which reaffirms the confidence in my abilities. **(Find my voice – Live and Speak my Voice)**

How do I define Strong Sense of Self?

1. A person is Self-Aware (knows one's Beliefs, values, Strength & Weakness, Emotional triggers)
2. Trust or Confidence in Self's capabilities
3. Compassionate and Appreciative towards self with Self Love and
4. Derives Self Worth from inner self rather than looking for external validations
5. Seeing yourself in Positive light
6. Authentic – Lives and speaks own voice
7. Letting go to keep moving forward with growth mindset (coming out of comfort zone, taking risks to embrace challenges)



Introduction to My First Exemplar (Raja Subramanian)

I am getting to know Subramanian Raja since last two years. Raja comes across as to me as smiling affable and what I find interesting about him his dichotomic approach towards life, Contentment and Aspirational. Raja's mantra is seamless integration and coexistence of these two leading to fuller meaningful life. The moment he walks into the room people flock as flowers to bees and positive outlook is sunlight to his thoughts. I observe him as emotionally resilient and handling charged situations with feather light touch. He is well organized, balancing personal and professional commitments with art of planning vacations for a year in advance. The session with him gives me an insight to his internal process and representational systems

Purpose:

Identity:

- ✓ Parents are my roots

Values:

- ✓ Free sharing - Raja comes from a very traditional family and developed this value through friends across religion.
- ✓ Traditional - Respects traditions

Beliefs:

- ✓ Contentment comes from within with what I have – I have all the resources required. This belief is imprinted in Raja's mind which got instilled through the discourses of Swamy Dayanand Sarasvati (he attends during his younger days (14 – 15 years) (Auditory)
- ✓ I can manage any situation – confidence in abilities. Every time he says this to himself (Internal Dialogue)
- ✓ My Happiness is in my hands (Internal locus of Control)
- ✓ Raja Never compare self with others.
- ✓ Saying directly No hurts emotions of people

Capabilities:

- ✓ Heightened Self Awareness – Raja is aware of his behaviors, thoughts, core beliefs and values
- ✓ Any action should be congruent with beliefs and values – Raja calibrates all his actions to match with beliefs and values
- ✓ Raja demonstrates Solution mindset approach – Raja does not reach to any conclusion. He quickly runs an internal process “what are the repercussions” and “I can manage any situation “to self-evaluate options and then present the options, ask questions for choices and then decides the action plan

Behaviors:

- ✓ Moving away from the Scene – Raja Moves away from the scene if there is emotionally charged situation. As he fears escalation. Relax himself and evaluate options
- ✓ Easy with words - Raja is not harsh with words. Does not easily say No. Always presents options which helps to maintain relationship.
- ✓ Emotionally driven – Love is primary emotion driving Raja. (Ki). Tone is to be soft while speaking to him. When request comes from this space, Raja puts his heart for success

Environment

- ✓ Supportive Family, Strong connect with Friends, Relationship with Father since childhood

Introduction to my Second Exemplar (Chandran Janaki Raman)

I have known Chandran since last 6 months. I decided to model Chandran within few weeks of getting introduced to him. Chandran speaks his voice in any forum with deep conviction and [conscientiousness](#). His Sharp wit along with presence of mind and remarkable self-assurance he carries himself lend Chandran an air of Serenity. The session with him gives me an insight to his External behaviors, internal process and representational systems

Purpose:

Chandran's purpose in life is to realize his maximum Potential.

Identity:

Values:

- ✓ Authentic.
- ✓ Openness

Beliefs:

- ✓ Treat the other person how you want to be treated.
- ✓ The more you give, more you get
- ✓ My own voice is important for me. I am my own benchmark
- ✓ Sharing of ideas increases Self – worth which further fuels the behavior
- ✓ Demonstrates Self Love – Chandran likes to self-appreciate by celebrating small or big achievements by buying presents for self
- ✓ Chandran believes that power of Intent gets amplified when it is for benefit of others. Real growth of a Chandran happens when he helps others grow
- ✓ I get what I deserve and If I really like Universe conjures to give me
- ✓ Unconditional friendship and help increases Self Worth

Capabilities:

- ✓ Heightened Self Awareness –Chandran is aware of his behaviors, thoughts, core beliefs and values
- ✓ Chandran self-motivates and internal Self Critic regulates behavior
- ✓ Growth mindset – Keeps the flame of progress burning with the urge to improve everyday
- ✓ Likes simplifying complexity
- ✓ Highly focused (visual). Chandran visualizes how he is plan of action prior execution and takes short breaks for recouping his thoughts

Behaviors:

- ✓ Does not carry grudge – Chandran is able to transition emotional states with ease.
- ✓ Speaks from Heart to connect with inner conviction
- ✓ Helping and caring for others gives Chandran a feel-good factor again increasing the self-worth
- ✓ Chandran can lighten any situation with Humor. He laughs at himself and to heart content
- ✓ Gives the benefit of doubt in case of ambiguous situation. In this way Chandran avoids judging people
- ✓ Always laugh at his own failures, When Chandran discovers his failures he takes them in his stride with learnings and laughs which again increases his self-worth

- ✓ I have observed Chandran's Posture – he Keeps his shoulders pushed back lending him an air of confidence. When he stands he usually his feet keeps spaced apart balanced

Environment

- ✓ Chandran is influenced by his Father in early age as he has modelled his Father's caring and helping attitude towards others.
- ✓ Picked up the reading habit and letter writing while young have shaped Chandran's thoughts.
- ✓ Maintains deep and strong relationship with group of few friends.
- ✓ When he received feedback about his behavior as aggressive, He took this as learning and modulated his behavior.

My Model

I observed multiple excellences in my exemplars which have contributed to their strong sense of self. The excellence which inspired me is Appreciating Self which is the one I choose for modelling. When I treat myself with love, gratitude and blessings I feel confident, composed and clear. The below gives structure of my Model. And I practice this with love and intent every day. I see transformation in myself which is visible to others. I impart this model to my friends and close associates



My Model - Appreciate Self

Environment

- ✓ Personal, Professional and Social space

Behaviors:

- ✓ Celebrate self ...
- ✓ Live in the present

Capabilities

- ✓ Maintain gratitude journal
- ✓ Thankful that your body is functioning properly.
- ✓ Celebrate small wins and moments by buying gift for yourself
- ✓ Turn inner critic into inner mentor - thank it for raising the issue, then using soft tone, Invite the critic to consider the facts. Presuppose critic has the best intent. Let us together explore and see for a caring approach to the situation.
- ✓ Playful Mindset - Experimental approach

Beliefs

- ✓ I use kind words for myself
- ✓ I say thank you to myself
- ✓ I say well done to myself
- ✓ I am my best friend with my inner voice
- ✓ I give and receive
- ✓ There is no failure only feedback and learning

Values

- ✓ Openness, Balance, contentment, Awareness

Identity

I am an observer, fluid and evolving