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You Know More Than You Think You Know

Have you ever faced a dilemma or important decision having no clue what to do, racking your brain for a clear answer, feeling the frustration and despair, asking yourself over and over, “What should I do?” Chances are that something similar has happened to you at least once in your life. Do you remember how that situation resolved itself?

How would it feel to know that you have all the answers you need in order to solve any problem you face? What would you attempt to do if you knew you could not fail? One of the presuppositions of NLP (Neurolinguistic Programming) is that you have within you all the answers to every question or situation you might face. The key to accessing and using that information is to, “get out of the way.” Remember the last time you tried to think of someone’s name and it just wouldn’t go from your brain to your tongue? You knew it so well but it just wouldn’t come out, and the more you tried to remember it, the more stuck you felt. Then, as soon as you seemed to give up trying to remember, there it was, “George!”

The part of your mind that had that information remembers everything you have ever done, seen, smelled, said, heard, and felt. It contains every piece of information related to everything you have experienced. It also has the ability to use that information to help you make decisions based on experience, so that if you did something that didn’t work out in your favor in the past, it remembers that and can allow you to do something else, something more productive when faced with a similar situation. Here is a fun exercise that can illustrate this for you. In your mind’s eye, allow yourself to remember a past event that didn’t turn out exactly the way you wanted it to. Now, pretend that you are in that situation (see, hear, or feel as if you are there, now), but this time I want you to handle that situation so that you get the outcome you wish you had, then. Just go with whatever comes up, and you will quickly and easily have new ways to handle that past situation so you get exactly the outcome you want.

As we experience our lives, we are constantly evaluating our outcomes, mostly unconsciously. Some of us may be critical when we don’t get what we want or do what we “should” have done. A word of caution: be gentle with yourself. If you are overly critical, you can cause yourself to be afraid of doing anything/something, and then you’ll never get what you want. Remember this other presupposition of NLP. “There is no failure, only feedback.” In other words, you can’t do anything wrong. You can only do things that don’t help you accomplish what you want, which helps you make better decisions the next time. So, go through life knowing that you cannot fail and that you know everything you need to know! How cool is that?

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