

NLP Master Practitioner Training *Weekly Assignment – Week 2*

Welcome back to your NLP Master Practitioner Certification Training, Week 2!

Your assignment to complete this week is as follows:

1. Watch and take notes on all video content posted in the Week 2 section.
2. Continue your assigned supplemental reading.
3. NLP Skills Practice
 - A. Practice the NLP Intervention Processes taught in the videos.
 - 1) The Spin
 - 2) Phobia Destroyer
 - 3) Compulsion Blowout
4. Rapid Timeline Breakthrough Practice
 - A. Discover (elicit) the Timeline with at least 5 people, so that you can begin to get a sense of how different people orient their past and future.
 - B. Do at least one of each of the following Rapid Timeline Breakthrough processes with a practice client.
 - 1) First Ride on the Timeline
 - 2) Discovering the First Time
 - 3) Releasing Negative Emotions
 - 4) Temporal Decision Destroyer
 - 5) Change Personal Identity
5. For at least one of each of the assigned practice processes listed above, document your successful practice as follows:
 - A. Make sure that you get a successful outcome with the process.
 - B. By the end of your Master Practitioner Training, complete and submit an **Intervention Process Report** form for each process (*in the Downloads for Master Practitioner Training week 1*).
6. Continue filling out your Master Practitioner Certification Exam.