

26 NLP Practitioner Training

PRESUPPOSITIONS

In the following sentences, please distinguish between the presupposition and the mind read. Put a 'P' or an 'MR' next to each one:

1. "I'm not sure whether or not I should stop hurting my wife."	
A.	He has a wife
 В.	He loves his wife
C.	He currently hurts his wife
D.	He's a cheater and traitor who shouldn't be trusted!
2. "I don't see why I can't do it. All my friends are doing it!"	
A.	He feels that he is treated unfairly
B.	He wants to be liked by his friends
C.	This person's friends do something he doesn't do
D.	All his friends are cheaters who shouldn't be trusted
3. "If I don't learn how to communicate with my boss, I won't get a	
raise	9. "
A.	He feels he is treated unfairly
B.	He doesn't know how to communicate with his boss
C.	He wants to learn new behaviors
D.	His salary is connected to his communication skills
4. "I have to set up unrealistic expectations."	
A.	He can't stop making unrealistic expectations
B.	He feels trapped
C.	He has expectations
D.	He knows when he is being unrealistic
5. "I'm feeling much better now! I can see how some of the things I	
was doing just made me unhappy."	
Α.	Some behavior he engaged in was related to some internal state
B.	He has feelings
C.	He has much more control of his life now
D.	He fixed himself so he shouldn't be mistrusted