

# NICCP Manual

DELUXE THERAPIST VERSION

BY  
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# NEURO-LINGUISTIC COMPUTER PROGRAM MANUAL

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# Introduction

Welcome to the world of computerized NLP. When you insert the NLCP disk into your windows based computer, the program will start with a menu page that allows you to load the program unto your computer hard drive. To do this, simply click on the load button. The program will give you a choice as to whether you want to place the NLCP icon shortcut onto your desktop for easy reference. On the menu page there are links to the two programs contained in this version of NLCP. The first link is to the program called Cyber Submodality and the second link is to the program called program is called Cyber Swish.

Your brain has been busy all your life arranging the submodalities that you use to code your experiences in. Your brain has also been busy swishing you into all kinds of directions including getting you into less than desirable situations and habits. Now you can use the same processes to consciously take control of your life.

If you are familiar with NLP, you know that of our five senses we use three primary representational systems. Visual, auditory, and kinesthetic. Each of these representational systems has it's own submodalities . NLCP uses the visual representation system. The visual system has several submodalities. Cyber Submodality uses the ones of size, distance, color vs. black and white, and brightness. In addition to these submodalities done automatically by the program, you can control the additional submodality of associated/ disassociated by your choice of pictures you use (see section on "Choosing a Picture").

Cyber Swish automatically runs the famous NLP SWISH pattern. As Richard Bandler says, "the SWISH pattern directionalizes the brain." Richard describes the SWISH pattern as telling the brain "Not this, THIS!" It takes a cue picture of current behavior and directs the brain to moves to different behavior coded in the desired state picture.

This program starts out by showing a picture of the undesired state in big, up close, bright color. It then SWISHS it with a picture of the desired state. As the SWISH occurs, the undesired state picture quickly fades off in the distance to black and white as the desired state picture starts off small and SWISHS up over the cue picture. Easy to follow instructions below teach you have to run the SWISH pattern.

These programs are designed to be used as tools by skilled therapists or by someone is generally not even familiar with NLP. It is recommended that you read through all of these instruction before attempting to operate and run the programs.

## How To Choose A Picture or Symbol

Photographs are, of course, amazingly good anchors for anchoring feelings and emotions. If you don't believe me, just ask the heirs of George Eastman (as in Eastman Kodak)! The picture taking business is a multi-billion dollar industry. Why? Because pictures are such great anchors of good feelings. Any feeling, actually. Happy or sad. Think about it. Photographs are so important that frequently we hire photographers to take pictures of special events like weddings. When was the last time you went to a birthday party without a camera present? On the other hand, did you take a camera to Uncle Bob's funeral? Probably not (unless you really hated Uncle Bob and were overjoyed as his demise!). This is because pictures can anchor bad feelings as well. NLCP takes advantage of the fact that pictures are great anchors. They give very good detail of events happening at a moment in time and help you capture peak emotional states.

There are three main ways to use both NLCP programs. 1) You can use a photograph taken at a time you were experiencing a peak emotion state. 2) A photograph you take that is posed. 3) Any symbol you anchor a state to. Let's look at each of these ways in more detail.

The first way is using a photograph taken at a time when you were enjoying a peak emotional state. Let's say, for example, you find yourself in a state where you feel blocked from having a romantic relationship because you have been burned a few times. Being burned a few times has directionalized your brain away from wanting a relationship but you consciously know you are missing out by feeling this way. In this example, let's say you have an old photograph of a time you were in love. Just looking at the picture brings back wonderful feelings. Now generalize in your mind that picture as being one that represents not just that particular lover but being in love in general. That picture becomes one you can use in either the Cyber Submodality or Cyber Swish program. And the photo certainly doesn't have to be an old one. When my seven year old son is in the act of misbehaving, I sometimes grab the camera and snap away getting very good NLCP photos of undesired behavior!

The second way is a posed picture. You can take a picture of something that resembles either the behavior you are moving to or away from. If you are wanting a picture representing financial success, dress up the way you would be dressed if you already were successful. Or go to a car lot and have a picture made standing by your dream car. Be creative. You have a lot of flexibility so long as your brain understands what it is the picture is suppose to represent.

Another way to do a posed picture can be very simple. Remember that pictures serve as great anchors. You can get into the state you are wanting the picture to represent. See what you would see, hear what you would hear, and feel what

you would feel in this state. Get into it completely and then have your picture taken while in this state. The picture will reflect and anchor that state to your brain. And, of course, the posed picture can be as simple as taking a picture of that favorite chocolate or yogurt (see section below on Cyber Submodality-Running the program)

Before we move on to method number three, you need to understand something about pictures. A picture can be taken from either a viewpoint that is an associated one or a disassociated one. Associated means the picture was taken from the same viewpoint as if you were looking through your own eyes. Disassociated means you are looking at the picture at a viewpoint a third party would use to watch you. You are in a picture that is disassociated. The brain tends to experience emotions much stronger when looking at a picture taken from an associated viewpoint. To demonstrate this, close your eyes and imagine you are on a roller coaster going very fast. Now imagine being on the roller coaster first from a disassociated viewpoint by seeing yourself riding on the roller coaster. How do you feel? Now imagine yourself on the roller coaster from an associated viewpoint in that you are experiencing it through your own eyes. Now how do you feel? For most people, the associated viewpoint causes them to experience it with noticeably stronger emotions. So does this mean always use an associated picture because your feelings are stronger? Well, actually - no. It depends on your goal. ***Here are the general rules. When doing a submodality change with Cyber Submodality, use an associated picture when you are wanting to increase the submodalities and use a disassociated picture when you are decreasing the submodalities. In the Cyber Swish program, use an associated picture for the undesired state and a disassociated picture for the desired state.*** The reasons for these rules are discussed below for each program in the sections on Running the Programs.

The third method is using any symbol you anchor a state to. You can use any symbol in the programs. However, since we are creating a visual anchor, try to use a symbol that is unique to you. One you don't see a lot and therefore one you have not already anchored other states to. Try to use one that has a logical connection to the state you are anchoring. For example, if you are moving toward financial success, you may want to use a \$100 bill (which assumes you are like me and don't see these often!).

Here is how you create a visual anchor. Close your eyes and picture the state you want to anchor to the symbol. See what you would see, hear what you would hear, and feel what you would feel. Really experience that state. Then at the peak experience of feeling that state, open your eyes and look only at the symbol. Repeat this process two more times. Now test the anchor. Clear your mind for a moment and think of something else. Now look directly at the symbol. Do you feel the state? If so, the anchor is set. If not, repeat the process a few more times until it is set.

One method I also use with symbols is to have my seven year old draw a picture of something we are wanting to change. I once had him draw what an “attitude” looks like. We then sent it far away with Cyber Submodality!

The above suggestions above are just guidelines. They are not hard and fast rules. You should experiment to see what works for you or your client.

## **Cyber Submodality**

### **How To Operate Cyber Submodality**

This program is design to increase or decrease the amount of emotional intensity you have toward the object of a picture placed in the frame. You are able to use this program to increase the good feelings and attraction you feel by running the program function called Increase Submodalities. You will be able to decrease the good feelings and attraction to the object of the picture by running the program function called Decrease Submodalities

The first step is to load your picture into the frame. To do this simply click on the frame and find the file where the picture is located. Be sure the picture is in **JPEG format**. Then open the picture onto the screen.

Cyber Submodality has six control setting,. On the left, there is a control setting called Adjust Time. This allows you to control how long the increase or decrease occurs. You can adjust it from 1 to 5 seconds. Experiment to see which time setting feels right for you. The amount of time will vary from individual to individual and also vary depending on the amount of emotional intensity you have concerning the subject manner in the picture.

The next setting is located in the middle and called Number of Times Program Runs In A Session. This setting will let you run the submodality increase or decrease anywhere from 1 to 20 times in a single session. Again, you should experiment with the number to see what feels right to you. It will probably vary depending on the amount of emotional intensity you have with each issue. As a general rule, you more emotional intensity you have, the more times the submodality pattern should be run.

Because brightness is a submodality in and of itself, Cyber Submodality is equipped with a brightness control located underneath the picture frame on the right. This control adjusts the brightness level of the picture for both increase and decrease.

The two main functions of this program are to either increase the submodalities

or decrease them. The two control buttons in the middle entitled Increase Submodality (left) and Decrease Submodality (right) control which of these basic functions you want to run.

Once you have the settings you want, click on the start button and the program opens up a separate window. After a session ends, you will see two buttons appear. One will say close and the other says repeat. If you want to repeat the same session, just click on the repeat button. The final control is a save button which allows you to save the picture in the event you wish to come back and do a session on the same picture chosen.

## Running the Program

Submodalities can be thought of as the most fundamental operating code of the human brain. It is not possible to think any thought or recall any memory without placing them in a submodality structure. Our brains code things in submodalities in order to separate out how we feel about the experiences we have in life. In terms of the visual representation system, the most powerful of the submodalities are size, distance, color, and brightness. We tend to code the things we feel good about and are attracted to in big, bright, close up, color pictures and things we feel bad about in small, dim, black and white, far away pictures.

That is the basic NLP principle of the Cyber Submodality program. If you have something you want to feel less attracted to, you run it through the program function called Decrease Submodality This function starts the program off big, bright, close up and in color. As the program runs, the picture decreases in size, brightness, distance and fades to black and white. Here is an example. Let's say you love chocolate but chocolate doesn't do much for your waistline. Simply place a picture of your favorite chocolate in Cyber Submodality and click the Decrease Submodality button. Then set back and watch it. As the submodalities change, your brain starts coding it differently. Your desire for chocolate goes away. Be sure and watch the submodality decrease with the **conscious intention** that your brain recode it's submodality structure the way the picture is being changed.

If you want to increase good feelings or your attraction to something, just load Cyber Submodality with a picture that shows the object or behavior you want to feel differently about and click the Increase Submodality button. This function starts the picture out small, far off, dim, and black and white and shots it up to being large, up close, in color and bright. So let's say now that you no longer crave that chocolate, you decide you want to eat more low fat yogurt. Load the picture of the yogurt and set back and relax as Cyber Submodality goes to work changing the submodalities for you. As your brain recodes the submodalites, you

will find yourself being more attracted to the yogurt. Again, be sure and watch the submodality increase with the **conscious intention** that your brain recode it's submodality structure the way the picture is being changed.

As stated above, this program allows you to adjust the brightness level of the picture for both functions of increasing and decreasing the submodalities. We tend to code things we feel good about and are attracted to in bright pictures. This shows up in common language. A bright outlook means we see and feel good about the things in life. A bright idea is a great idea. If you are decreasing the submodalities, make a picture in your mind like the one you are running on the program. How bright is that picture in your mind? Try to adjust the brightness setting to match as closely as possible the level of brightness you have when imagining a similar picture. If you are increasing the submodalities, take a moment to picture something you already feel good about and that attracts you. Pick something you are already as attracted to as you want to be attracted to the object represented in the picture. How bright is that picture you imagine of what already attracts you? Try to adjust the brightness setting to match that level of brightness as close as possible.

In addition to the submodalities which are changed automatically by the program, you can also control another submodality of associated / disassociated by the pictures you select. As stated above on in the selection on How To Choose a Picture or Symbol, the general rule is when doing a submodality change with Cyber Submodality, use an associated picture when you are wanting to increase the submodalities and use a disassociated picture when you are decreasing the submodalities. Here are the reasons of these rules. You feel stronger when the picture is associated. Therefore, forming an associated picture is a submodality just like brightness or size. By forming the picture as an associated one, you are starting out already possibly changing a submodality toward increasing the way you feel about it. Or the other hand, if the image is one you want to decrease your feeling, framing it as a dissociated one helps distance you from it or decrease your feelings.

## Testing the Outcome

After you run a session with Cyber Submodality, you can easily test the results immediately. Relax for a moment and clear your mind. Once your mind is cleared make a picture of whatever is was you were changing. How do you see it now? Has the submodality structure changed any? Has it increased or decreased? How do you feel about the object of the picture now? Now future pace the change. See yourself in a future situation reacting to whatever the intended change was to be. How to you feel? Of course the ultimate test comes when the situation arises in the future.

For most situations there will probably be quite a difference. If there is no significant change in the submodality structure or your feelings, this is a sign that more sessions may be needed. If more session do not help, go back and review the picture being used and see if changing your approach helps.

## **Cyber Swish**

### **How To Operate Cyber Swish**

Cyber Swish has two window frames to load pictures onto. Simple click on them individually to load your JPEG file unto them. The two window frames tell you which picture goes where. Place the picture of the mental state or behavior you are wanting to get away in the window entitled Click Here To Place Picture of Undesired State. Place the picture of the mental state or desired behavior you are wanting your brain to move toward and adopt in the frame entitled Click Here To Place Picture of Desired State.

Each picture has it's own brightness adjustment level located in the middle of the Cyber Swish screen. The reason for this, as stated above, is brightness is a submodality in and of itself. You can also set the number of times a swish pattern runs in a session using the control on the lower left entitled Set Number of Swish Patterns Per Session. You can adjust the number from 1 to 25. Richard Bandler, one of the inventors of the SWISH pattern, recommends 5 per session but you may find it helpful to use more. This control setting gives you that option.

The control setting on the lower right entitled Adjust Time lets you adjust how long it takes for the two pictures to swish each time. The guideline Richard Bandler uses it that the amount of time should be how long it takes you to say the word Swish (hence the name!). Normally this would mean running it in the range of half a second to one second but you can experiment and go up to 3 seconds (in case you have a Texas accent with a long draw and it takes you a while to say Swish!)

The button located in the middle bottom starts the program. A new window opens as the program starts. After it runs your swish patterns, you will see two buttons that give you the option to close the window or repeat the same session you just did. Just like the Cyber Submodality, there is also a Save button on the screen that allow you to save the pictures you have loaded for a future session.

## Running the Cyber Swish Program

Here are the general steps you go through when doing a swish pattern with Cyber Swish.

1. **Identify Behavior To Change:** Identify a specific behavior that you wish to change. Overeating, nail biting or smoking would be examples. You can also take a situation where you would like to be more resourceful. Would you like to respond differently to someone than you do now? Maybe with a person at work or in a relationship?

2. **Develop the Cue Picture of Undesired Behavior:** You can choose a picture or symbol of the undesired behavior any of the 3 ways outlined in the section on How To Choose A Picture or Symbol (see above). Actual picture, posed picture, or symbol. Once you choose the picture or symbol, while looking at the picture, ask yourself the following questions. If the picture is representing a behavior, how do you know when to do an undesired behavior? What is the cue for the behavior? How would you teach someone else to do this behavior? Does the cue come from inside or an external source? For example, if the behavior you are trying to break is nail biting, a picture of your hand coming up toward your mouth could be the cue. You can take a picture of this from an associated pose (take it yourself). If you are trying to stop smoking, a good cue picture could be an unlit cigarette coming toward your mouth. Whatever picture you choose, take a moment to associate into it as through the picture where actually the cue happening. As you look at the picture and experience the cue as happening, what other images do you see? What do you hear or feel? Fully associate this cue activity into this cue picture.

3. **Form an Outcome Picture of Desired State:** If you use a picture, it needs to be a disassociated one. In NLP, you associate in present state and disassociate in a desired state. The reason for using a disassociated state for the desired picture is an associated picture will give you the feeling you already have the change and therefore it will not motivate you. If you use a symbol, the feelings you link or anchor to that symbol need to be formed by making disassociated images.

To create an effective desired state, ask yourself the following questions as you look at the picture or symbol of the desired state. Have you stated the desired state in positive terms when you think about it? For example, if you are trying to stop biting your nails, think of the desired state in terms like "I will be free of nail biting" as opposed to phrasing it like "I will not bite my nails." Your subconscious does not directly process negative words and using negatives causes confusion as to the desired outcome. Ask how you will see yourself with the desired change. What additional resources and choices will you have available to you

when you made the change? When the change is made, how will you feel? What will you see and hear? Continue to look at the desired outcome picture as you think and feel the answers to these questions.

Now you are ready to go! Be sure and read the section above on How To Operate Cyber Swish and familiarize yourself with all the Cyber Swish features. Then load your pictures and....SWISH!

### **Test the Outcome**

When you finish running the Swish pattern, you can test the results. Picture the first image. What happens? If it is hard to picture, this is a sign that the swish pattern has been effective. Another sign that the swish pattern has worked is if the first picture tends to fade away and be replaced by the second one of the desired state. Another way to test is to future pace the behavior being changed. Think of the cue. Does it produce the same response? Do you feel any difference? And, of course, the ultimate test comes when the situation actually arises in the future. Is there a new response? Like your brain, NLP works fast. Don't be surprised by success!

### **Conclusion**

This computer program, like NLP techniques themselves, is a tool you can use throughout your lifetime to direct your life the way you choose to consciously live it. May good fortune be with you throughout your journey! -Gregory Harris

## Appendix A

Example of Swish Pictures For Stopping Cigar Smoking



Cue Picture (Associated)  
Posed Picture



Outcome (Disassociated)  
Posed Picture

## Appendix B: Configuration Files For Clients

You can save a configuration file of a client's session in your system for future reference and you can also copy it off for the client to take home with them. One configuration file can contain both a saved Cyber Submodality session and a Cyber Swish session. Once you have put together a session you want to keep, start by clicking on the save button located on the screen for that program (either Cyber Submodality or Cyber Swish).

Then close out that program which returns you to the menu screen. Click on the button entitled Save on the menu page. Choose the place you wish to store the file. If you want to save files of clients in your own system, store the file where ever you have organized your system to do so. To recall that file at any time, click on the button entitled Load on the menu page. Then find the file and click onto it. All files are saved in your system as "Neuro-Linguistic Computer Program files.

To save a file unto a disk for a client, follow these simply steps. You will need to create the CD by writing four files onto the blank CD. The four file are: Auto Run, NCLP.exe., ijl15.dll and the configuration file you saved for your client. Be sure and copy these four files on the blank CD in that order. Here is how you get the first three files (Auto Run, NLCP exe. and ijl15.dll). Place the NLCP disk in your CD drive. When the program Menu page opens up, close it. Then click on "My Computer". In the drive the program disk is located, you will see "NLCP". Right click on that. Then scroll down to and click on explore. This will open the files from the CD and let you copy them individually. It is recommended that you copy these three files in a place on your system that you can easily reference for future use. Again, be sure all copy all four files on the disk you are making for the client: Auto Run, NLCP exe., ijl15.dll and the configuration file you made.

That is it. The CD is set up to open for the client automatically when placed in their system. When the menu page opens on the client's system, the client will need to click on the install button. Then whenever the client wishes to run the configuration file you made, they simply click on "Load" from the Menu page and a window comes up with the name of their file. They click on it and it will run the saved program that you placed on the configuration file.