

# BREAKTHROUGH COACHING & NLP DIPLOMA



# SUMMARY

1. Sub-modalities
2. Advanced sub-modalities
3. Cravings (Like to dislike)
4. Sub-modality belief change
5. Next steps

# NEXT STEPS

- 1. Update:** Your personal development log, <https://portal.vitalitylivingcollege.info/course/breakthrough-coaching/23-all-worksheets/lesson/1-personal-development-log>
- 2. Practice:** One of the following skills:
  - Cravings (Like to dislike) self practice worksheet, <https://vitalitylivingcollege.info/wp-content/uploads/2025/01/9.-Cravings-Like-to-Dislike-Submodality-Self-practice-Worksheet-07.01.2025-1.pdf>
  - Belief change self practice worksheet, <https://vitalitylivingcollege.info/wp-content/uploads/2025/01/9.-Belief-Change-Submodality-Self-practice-Worksheet-07.01.2025.pdf>
- 4. Self-care:** Drink more water than normal, take a walk in nature, have a salt bath, rest and sleep deeply.
- 5. Check:** Your certificate name on the alumni groups.

# BELIEF CHANGE

I cannot  
do it



Make it  
untrue



I can do it



Make it  
true

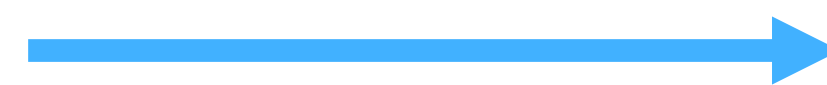


# BELIEF CHANGE SUB-MODALITIES

	<b>1. Limiting or unwanted belief</b>	<b>2. Belief no longer true</b>	<b>3. Belief absolutely true</b>	<b>4. Empowering new belief</b>
V				
A				
K				



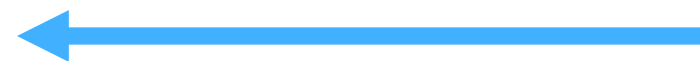
Change modalities



Change modalities

# BELIEF CHANGE SUB-MODALITIES

	1. Limiting Belief, "I am not good enough"	2. Belief that is no longer true (Fact-based), "I am 10 ft tall"	3. Bring up the image of the limiting belief and say...	4. Belief that is absolutely true, "I was born on 6 November 1972"	5. Empowering belief (Desired belief), "I am good enough"	6. Bring up the image of the Empowering belief and make it:
V	Black/ White	Colour	Make it colour	Colour	Colour	Say nothing
A	Ahhh	No sound	Make it no sound	Ho ho ho	Humming	Make it Ho Ho ho
K	Sad	Funny	Make it funny	No feeling	Happy	Make no feeling



Make it ....



Make it ...

# DISTINCTIONS

1. The limiting belief has to be clear: I am not good enough.
2. There has to be a fact-based untrue belief either with:
  - A neutral feeling: I am 10 ft tall.
  - Or belief that was true but no longer true: I am 10 years old.
3. The true belief has to be fact-based with a neutral or good feeling:
  - I was born in Singapore, I am 50 years old.
  - It can also be generic, for example, the sun rises in the east daily.
4. The desired belief has to be positively framed: I am good enough.
5. Pre-frame that you will work at pace and for them to give the immediate answer that comes to mind.

# DISTINCTIONS

6. You have to work at pace, with no acknowledgements after each response.
7. Have to be able to note it down at the same time as they respond (print out the paper, have a notebook or type in WhatsApp).
8. Only change the sub-modalities that are different.
9. For cravings, it needs to be a similar food. For example, mutton curry and jackfruit will not work, but you need jackfruit curry.
10. In the sequence of a session with a client, this will not be a stand-alone but as part of the 7 steps as there can also be secondary gain.





**SUBMODALITY  
BELIEF  
CHANGE**

**10**

**BELIEVE IN  
YOURSELF**

# CONTENTS

1. Parts Integration
2. Story of success
3. Certification
4. Examination
5. Next steps

# PRACTICE BREAKOUT ROOM

## POSTER DATES

1. Ace the test date
2. Brainstorm the questions and answers that might be in the exam from each of the posters.
3. 8 minutes.



# PARTS INTEGRATION

# WHAT IS THE PARTS INTEGRATION PROCESS?



- Resolves inner conflicts where different "parts" of a person seem to have opposing desires, beliefs, or behaviours.
- These "parts" represent aspects of the unconscious mind that have developed to serve specific purposes, but they can sometimes create tension or indecision.
- The goal is to harmonise these conflicting parts, aligning them towards a unified outcome.

# BENEFITS OF PARTS INTEGRATION



- Reduces mental and emotional tension caused by competing desires.
- Aligns actions with a unified sense of purpose.
- Helps understand the positive intentions behind seemingly opposing behaviours.
- Facilitates more confident and harmonious choices.

# PARTS INTEGRATION

A

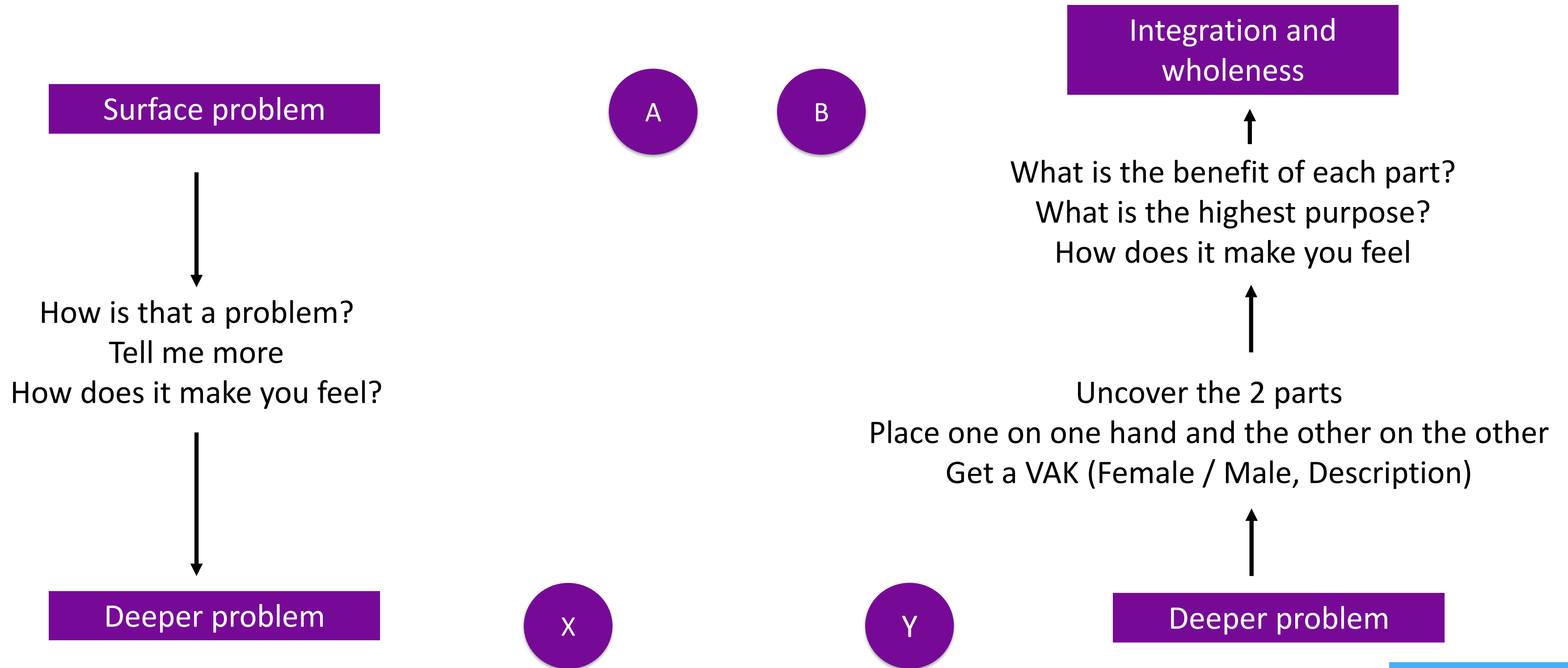
B

X

Y



# PARTS INTEGRATION



# PARTS INTEGRATION SCRIPT

1. Identify the conflict and ask, “How is that a problem?”, “Tell me more”, “How does that make you feel?” until you get to the root of the problem (Pro tip: Connected to the human need and calibrate).
2. Place the deeper parts in conflict in each of the hands (one by one) and establish a VAK. You can ask, “Is it male or female, what are they wearing, what is their personality like?” Or “What is the colour, texture, size and shape?”
3. Then focus on the part which appears limiting and ask, “What is the highest purpose of the part?” You can even ask, “What is the benefit of one part?”, “How does that make you feel?”, “What else?”, “What else?” and “What else?” Pause when you reach a limit.
4. Then focus on the next part which appears to be the opposite of the limit and ask, “What is the highest purpose of the other part?” You can even ask, “What is the benefit of the other part?”, “How does that make you feel?” “What else?”, “What else?” and “What else?” Pause when you reach a limit or discover a part in common.

# PARTS INTEGRATION SCRIPT

5. When you discover they have the same benefit in common, you can allow the benefits of both parts to come together to create an integrated whole. You can use words like, “Go ahead and allow the benefits of one part to communicate with the benefits of the other part. That’s right. Just let them come together in their own time.”
6. Give your client space to experience wholeness.
7. In case your client does not have parts in common, ask them to bring the benefits of both parts together and create a wholeness.

# PRACTICE BREAKOUT ROOM

## PARTS INTEGRATION EXERCISE

1. Pairs.
2. Identify the surface and deeper problem.
3. Identify the deeper belief and the opposite of it.
4. Uncover the benefit of the deeper problem.
5. Let the 2 parts come together.

# PARTS INTEGRATION SCRIPT

## PARTS INTEGRATION SCRIPT

**The parts integration process can be used to resolve internal conflict or emotional struggles by integrating conflicting aspects or “parts” of oneself.**

1. Identify the conflict and ask, “How is that a problem?”, “Tell me more”, “How does that make you feel?” until you get to the root of the problem (Pro tip: Connected to the human need and calibrate).
2. Place the deeper parts in conflict in each of the hands (one by one) and establish a VAK. You can ask, “Is it male or female, what are they wearing, what is their personality like?” Or “What is the colour, texture, size and shape?”
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4. Then focus on the next part which appears to be the opposite of the limit and ask, “What is the highest purpose of the other part?” You can even ask, “What is the benefit of the other part?”, “How does that make

# PARTS INTEGRATION SELF PRACTICE WORKSHEET

[Click here for the Google doc](#)

## **PARTS INTEGRATION SELF PRACTICE WORKSHEET**

1. Identify the inner conflict and ask, “*How is that a problem?*” until you get to the root of the problem.

\_\_\_\_\_

2. Once you have identified the root of the problem, then get a description of each part. (Begin with the part that appears to be limiting in some way).

The description of Part 1 would include:

- Male/ Female: \_\_\_\_\_
- Personality: \_\_\_\_\_
- Words: \_\_\_\_\_
- Colour: \_\_\_\_\_
- Texture: \_\_\_\_\_
- Size: \_\_\_\_\_
- Shape: \_\_\_\_\_

The description of Part 2 would include:

- Male/ Female: \_\_\_\_\_

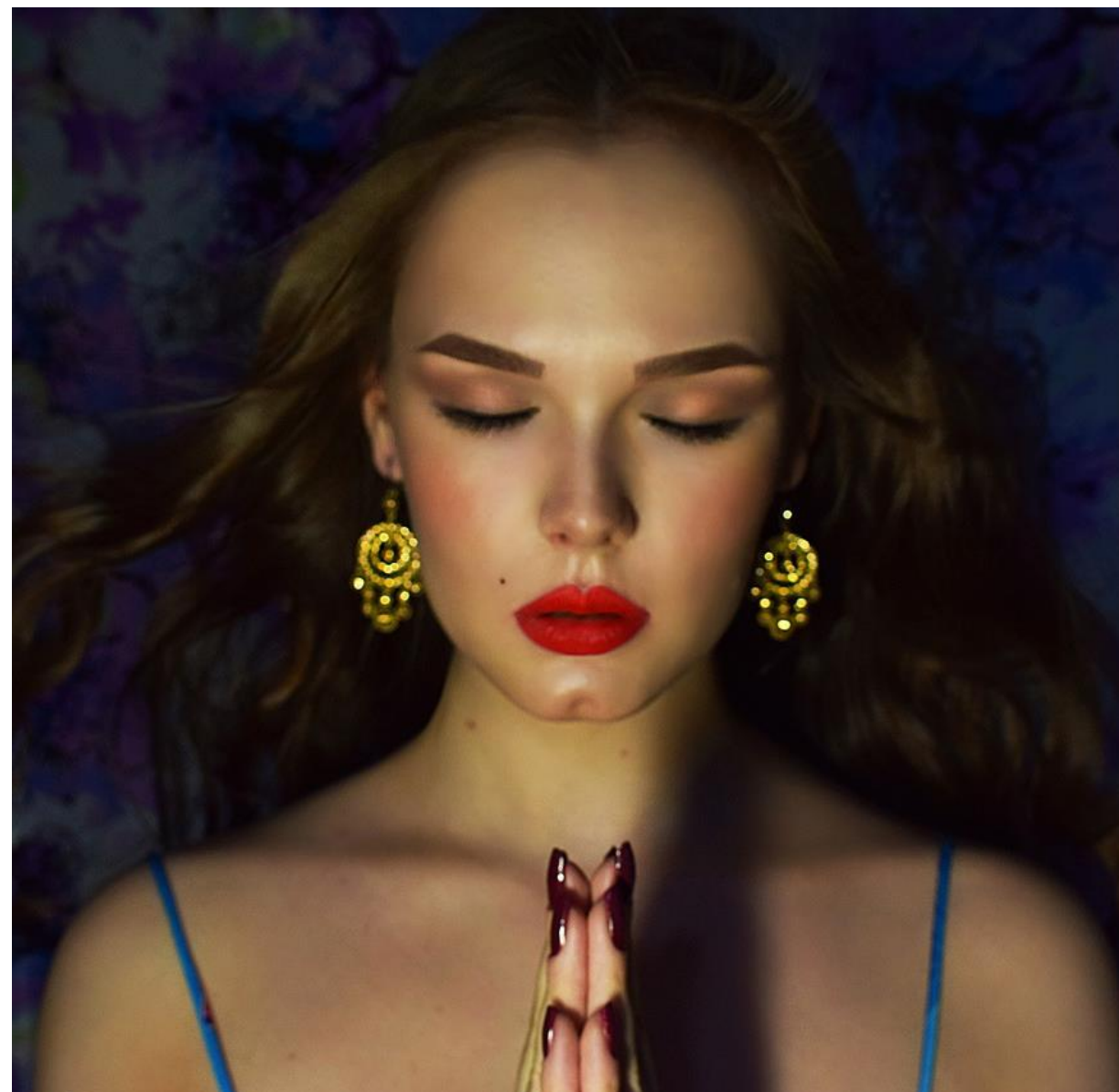
<https://vitalitylivingcollege.info/wp-content/uploads/2025/01/10.-Parts-Integration-Self-practice-Worksheet-08.01.2025.pdf>

# APPLICATIONS OF PARTS INTEGRATION



- Improving career decisions: Balancing the desire for security with the need for fulfillment in job choices.
- Enhancing personal relationships: Integrating the need for independence with the desire for closeness and intimacy.
- Overcoming self-sabotage in weight loss: Aligning the part seeking comfort with the part wanting health.
- Resolving internal conflict in parenting: Merging discipline and nurturing to create a balanced parenting approach.
- Making peace with past trauma: Integrating conflicting emotions like anger and sadness to foster emotional healing.

# APPLICATIONS OF PARTS INTEGRATION



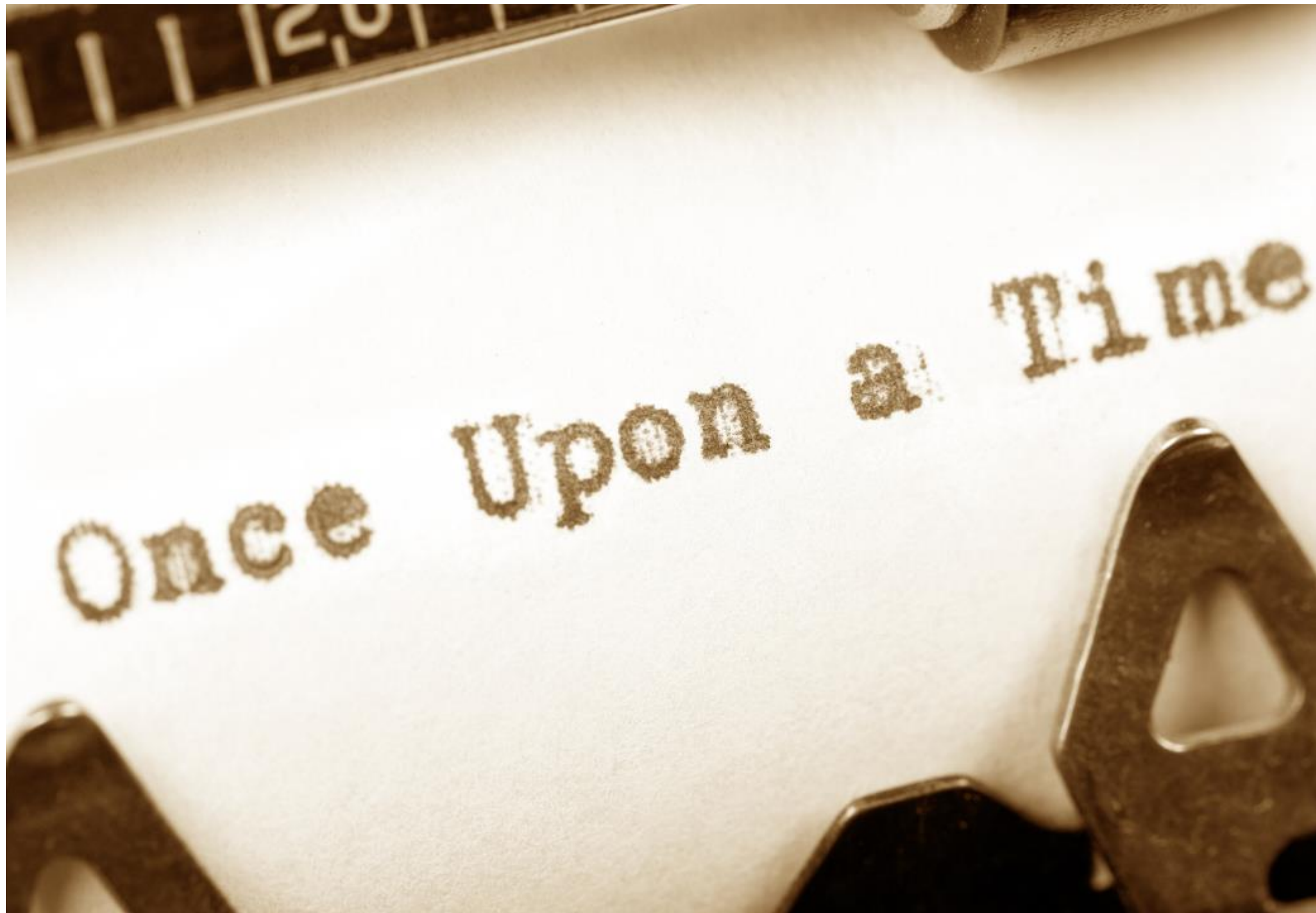
- Overcoming fear of public speaking: Aligning the desire to speak confidently with the fear of judgment.
- Balancing work and life: Integrating the drive for career success with the need for family time.
- Reducing anxiety and stress: Balancing productivity needs with the need for relaxation and self-care.
- Strengthening self-worth after a breakup: Merging emotional attachment with self-respect and independence.
- Dealing with addictive behaviors: Aligning the desire for immediate gratification with long-term well-being goals.



# PRACTICE TEAM ROOM

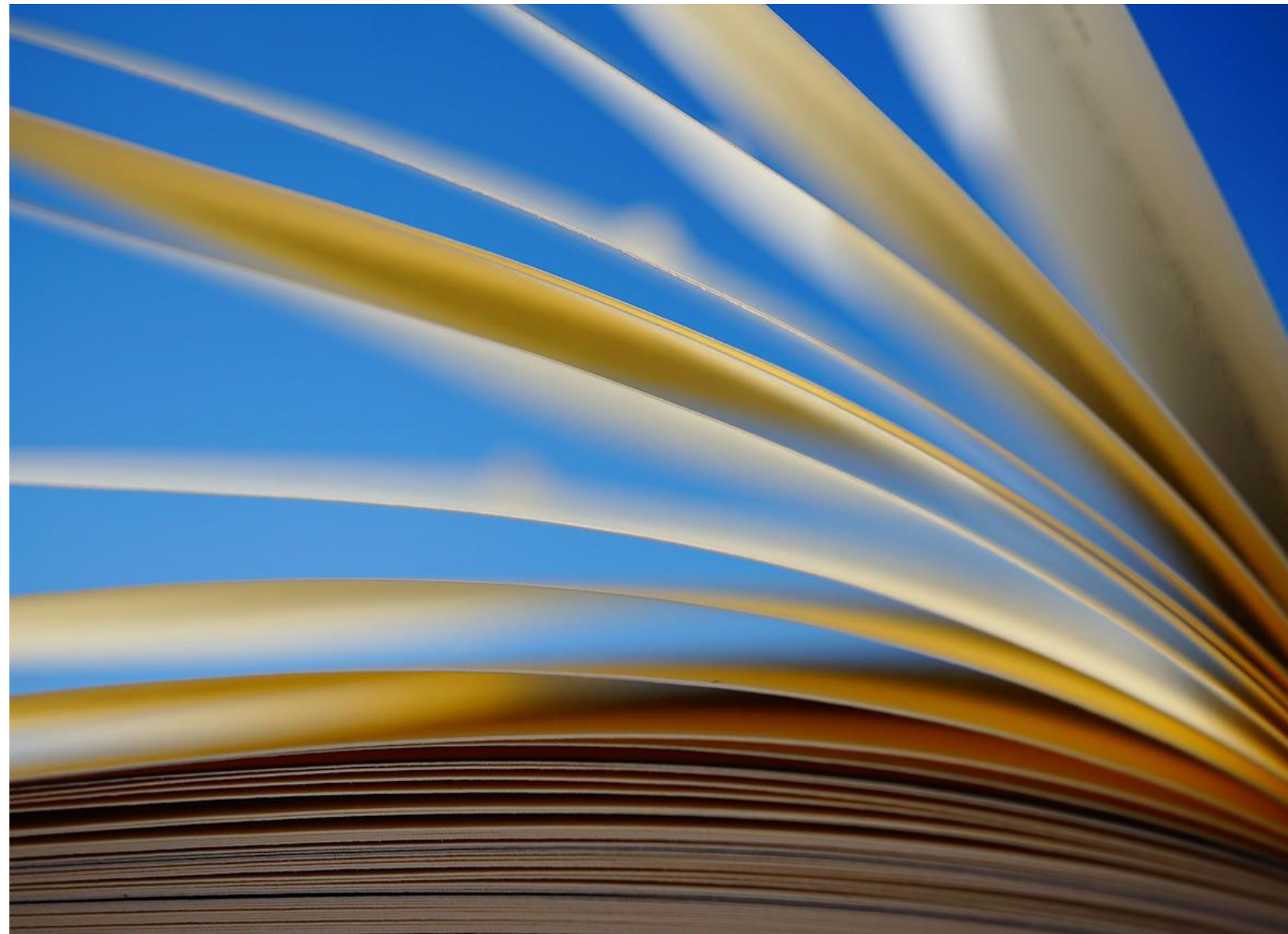
## SHARING CIRCLE

1. Share what did you learn as the giver and receiver?
2. What did you learn?



# STORY OF SUCCESS

# WHAT IS THE STORY OF SUCCESS?



It is a personal account of a significant achievement in your life. Examples might include:

- Becoming a parent.
- Growing a business.
- Finishing a project.
- Embarking on a dream vacation.
- Getting a qualification.

# BENEFITS OF THE STORY OF SUCCESS



- Create a new narrative that propels you forward to a future success.
- Harnesses the power of a past success.
- Helps clients to get unstuck.
- Create a memory flood of positivity.

# THE STEPS TO THE STORY OF SUCCESS



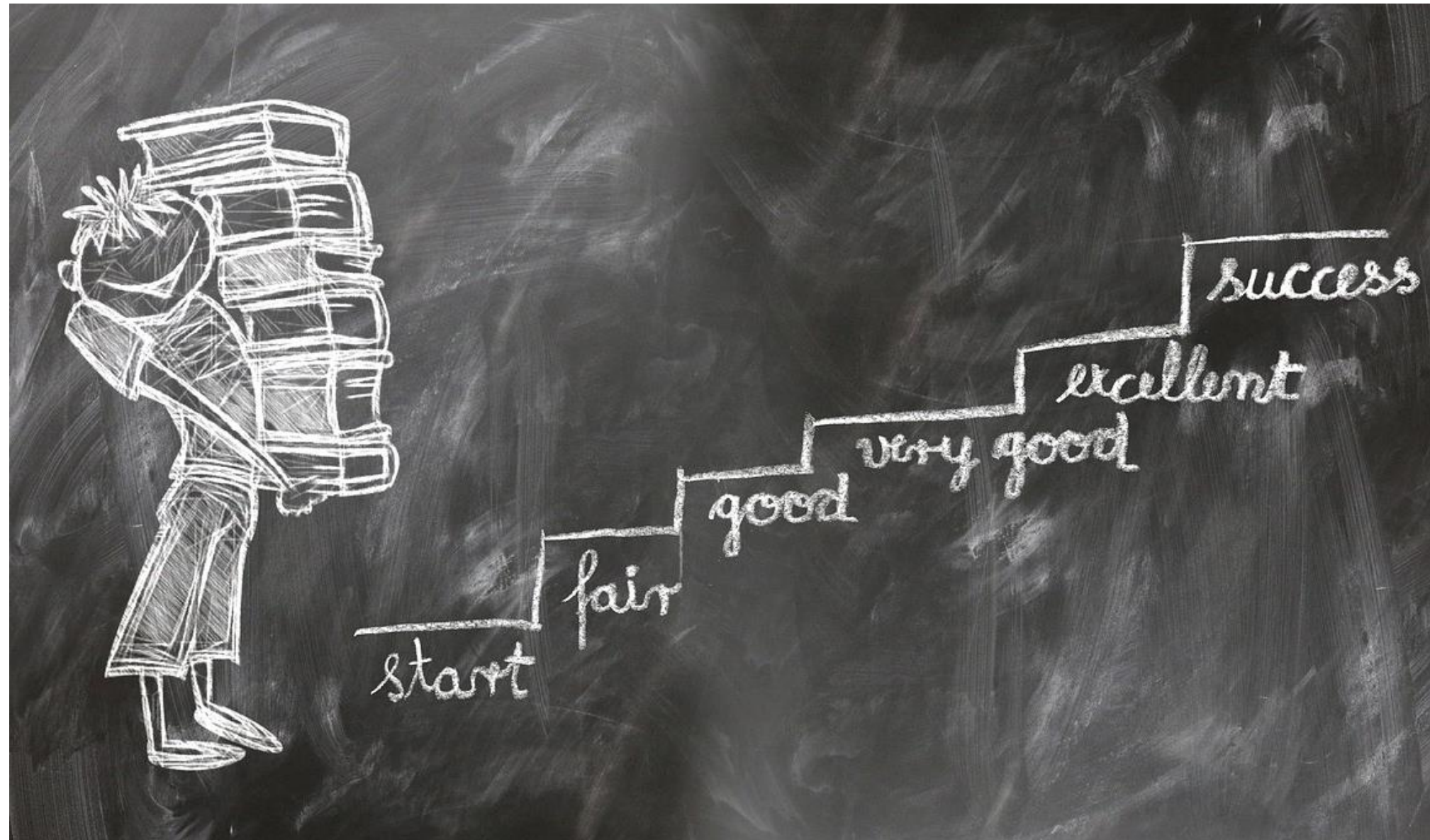
1. Identify a past story of success.
2. Write it down.
3. Identify the success factors.
4. Decide on an area of life you want to change.
5. Write a new story of success for what you want to achieve and incorporate the relevant success factors.

# STORY OF SUCCESS EXERCISE

Write down your story of success:

- What specifically happened?
- What did you do?
- What did you not do?
- What were you thinking and feeling?
- How were you behaving?
- What was the difference that made the difference?

# NEW SUCCESS STORY



How can you apply these success strategies to another aspect of your life?

# PRACTICE MAIN ROOM

## SUCCESS STORY

1. Write down your story of success.



# APPLICATIONS OF STORY OF SUCCESS



- Overcome self-doubt: Reframe past successes to boost confidence and self-belief.
- Build motivation: Recall past achievements to reignite drive and focus.
- Handle failure and setbacks: Write your new narrative of success.
- Strengthen decision-making: Use past successful decisions to guide current choices.
- Empowering action in business or career: Use past professional achievements to fuel bold actions.

# STORY OF SUCCESS EXERCISE

[Click here for the Google doc](#)

## **STORY OF SUCCESS EXERCISE**

### **A. Write down your story of success:**

1. What specifically happened?

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2. What did you do?

---

3. What did you not do?

---

4. What were you thinking and feeling?

---

5. How were you behaving?

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6. What was the difference that made the difference?

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# NEW SUCCESS STORY EXERCISE

## NEW SUCCESS STORY EXERCISE

1. How can you apply these success strategies to another aspect of your life?

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# SUMMARY

1. Parts Integration
2. Story of success
3. Certification
4. Examination
5. Next steps

# NEXT STEPS

- 1. Update:** Personal development log, <https://portal.vitalitylivingcollege.info/course/breakthrough-coaching/23-all-worksheets/lesson/1-personal-development-log>.
- 2. Daily practice:** One of these skills – Triangle of success, Anchoring, and / or New Behaviour Generator.
- 3. Refresh:**
  - Dec2024 BCNLP Poster Dates WhatsApp Group, <https://chat.whatsapp.com/DOg9A7sl0P40v08KnOHley>
  - Breakthrough skills revisions <https://portal.vitalitylivingcollege.info/course/breakthrough-coaching/23-all-worksheets/lesson/live-demonstration-metaprograms>.
  - All worksheet and scripts, <https://portal.vitalitylivingcollege.info/course/breakthrough-coaching/23-all-worksheets/lesson/1-personal-development-log>
  - Live demonstrations, <https://portal.vitalitylivingcollege.info/course/breakthrough-coaching/live-demonstrations/lesson/1-live-demonstration-uncovering-emotional-blowout-november-2023>
- 4. Self-care:** Drink more water than normal, take a walk in nature, have a salt bath, rest and sleep deeply.
- 5. Practice:** Ask for a buddy in the group and practice / revise any skill you want.



**EXAMINATION**



**PERSONAL  
DEVELOPMENT  
PLAN**



**BC NLP SKILLS  
REVISION**





**WORKSHEETS**



**MASTER  
SLIDES,  
& Q&A**

# BREAKTHROUGH COACHING & NLP DIPLOMA



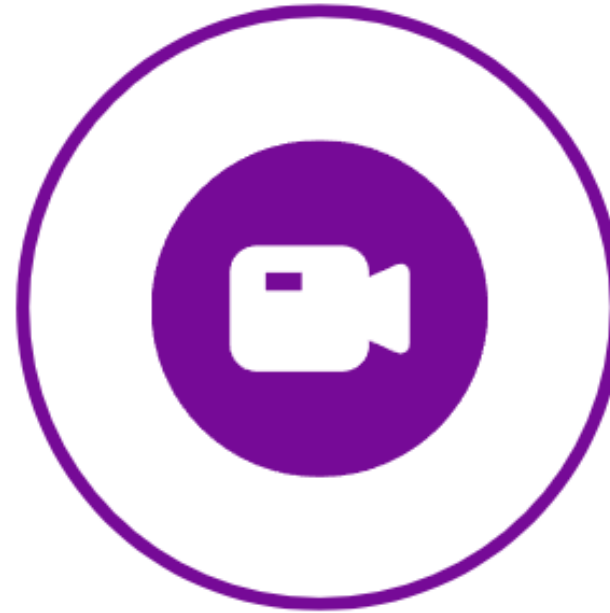
# CERTIFICATION GUIDELINES

1. Attend each day of the training with your video on and with full participation.
2. Attend the examination day, complete the exam and share you answers on your Team groups.
3. Complete your first Detailed Personal History and a Breakthrough intervention in class.
4. Complete your second Detailed Personal History and a Breakthrough intervention in class.
5. Submit your personal development log on 17<sup>th</sup> February 2025.
6. Adhere to the international code of conduct, <https://vitalitylivingcollege.info/vlc-code-of-conduct/>.

# CERTIFICATION GUIDELINES



Breakout  
rooms



Video



Make up  
session

# ROAR



# ROAR

1. Stamp your feet, stand in your power.
2. Roar.

# PRACTICE MAIN ROOM

## ROAR

1. Stamp your feet, stand in your power.
2. Roar.