

NLP COMMUNICATION MODEL QUIZ

Pick the option that best answers each question.

1. Draw the NLP communication model.

2. At any given moment, the brain is taking in ___ of information.

- A. 2-4 million bits
- B. 7 ± 2 bits
- C. No bits

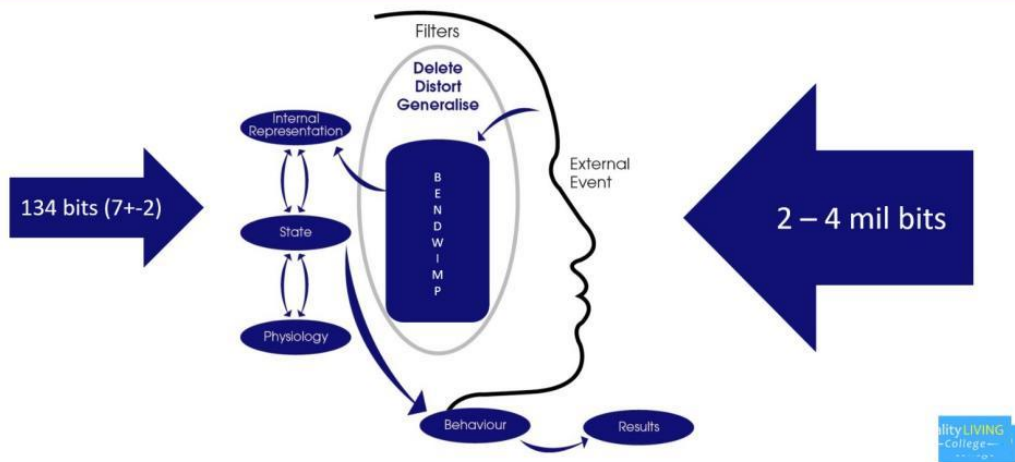
3. What are internal representations in the context of NLP?

- A. The external sensory information we perceive
- B. The subjective mental encoding of sensory data
- C. The verbal responses given during communication
- D. The physical expressions of emotional states

Answer Key:

1. NLP communication model (shared below).

NLP COMMUNICATION MODEL



2. **A.** 2-4 million bits
3. **B.** The subjective mental encoding of sensory data