



THE ACTION  
FACTORY  
PODCAST

Session 6 | 2024

# Neurolinguistic programming in residential youth work.

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# WHAT ARE LIMITING BELIEFS?

Limiting beliefs are personal assumptions or convictions that constrain us in some way. They are internal narratives that dictate what we perceive as possible or impossible for ourselves. They shape how we view our abilities and opportunities, often leading to self-imposed restrictions on our potential. Limiting beliefs are often deeply ingrained and perceived as absolute truths by individuals, affecting their self-image and worldview.

## HOW ARE THEY FORMED?

Many limiting beliefs are formed during childhood through significant life experiences, including feedback from family, educators, and peers. These beliefs are reinforced over time by our surroundings and experiences. Constant negative feedback or discouragement can solidify these beliefs. Limiting beliefs are not fixed, they are stories that can be rewritten.

## ACTIONS:

To effectively integrate the discussed techniques into your work environment, especially in residential youth work, you can focus on the following four actionable steps:



# Practical steps

By integrating these NLP techniques into daily work, residential youth workers can effectively support young people in overcoming limiting beliefs, fostering a more positive and empowering environment.



## ACTIONS

To effectively integrate the discussed techniques into your work environment, especially in residential youth work, you can focus on the following actionable steps. These actions are designed to be practical and can be easily incorporated into your daily routine. They emphasize the importance of building trust, using effective communication techniques, and being adaptable in your approach.



### BUILD AUTHENTIC RELATIONSHIPS:

1

Relationship trumps everything. (see BIG Four download) This makes you a trusted source of new information regarding beliefs.

### BECOME THE BIGGEST FAN:

2

Use the EARS method (Elicit, Amplify, Repeat, Start again) to deepen these visualizations and make them more impactful.

### POSITIVE AND NEGATIVE REFRAMING:

3

When a young person expresses a negative thought or belief, guide them to reframe it positively.

### INTERROGATE THE BELIEF:

4

Negative beliefs weaken when a person is asked to verbalise the logic of the thought process. Our nature forces us to rethink and challenge the belief.