

Positive Intention

The NLP presupposition '*There is a positive intention behind every behaviour*' often generates a lot of controversy. Many people do not understand what it means or how to apply it in real life situations. Some people confuse it with condoning any behaviour and reject it as ridiculous. Few people develop the intellectual skill to use it effectively.

If it is more important whether something is 'useful' rather than whether it is true or not, then there is much to be gained from this presupposition. Useful means that it helps you to find better solutions, access better feeling states, and lower your stress levels. In addition, this presupposition can help you gain much deeper understanding, and a profound appreciation of how everything fits into a broader context.

Remember the difference between the Meta Programmes of '*Towards*' VS '*Away From*'? When you move '*Towards*' what you want, what you perceive as possible, what could bring success, you have full access to your energy, you feel positive, your body moves towards healing, and you actually increase your chances for success. When you move '*Away From*' what you don't want, when you focus on what could go wrong, when you only see what you can negatively judge and criticise, then your energy diminishes, you feel pessimistic, your health declines, and you may not even try to succeed because everything seems impossible.

Imagine you had to jump across a wide chasm. The '*Towards*' programme would have you positively believing you could make it, making movies of the huge leap you'd make and perhaps you'd see yourself joyfully landing on the other side. The '*Away From*' programme would have you negatively assess that you could never manage to do it, you don't have the strength or capacity, you'd picture yourself falling into the chasm, full of fear. Which one is more likely to assist you in the jump?

Similarly, by assuming positive intentions behind every behaviour, your brain is more likely to search for useful alternatives and solutions, instead of getting stuck in judgements and negativity. For a start, the positive intention is almost always for the person doing the behaviour, not necessarily for anyone else. When you realize that not only do people have different moods, but that each mood probably represents different parts of that person, then it is easy to understand that different parts might have different positive intentions. It is most likely that each part will have originated at a very early age, so often the intentions they are still trying to achieve might be outdated and immature.

Often it seems like the intention is negative at first glance. For example, parts that create health problems (a behaviour of the body) may seem to have negative intent, but they always have a positive intention. Often they succeed in stopping the person from working or doing something that in some way the

person needed to stop doing. They may be cries for love or attention, a desire to be taken care of. And they often have even more specific messages depending on exactly which part of the body is affected. Note: these parts can also be in direct conflict with other parts of the person that want to continue working or doing what they are doing.

When you are tempted to judge someone else's behaviour as negative, having no positive intention, stop to consider what part of them is responsible, and how young that part might be. If they have a very wounded part that has never been sponsored, that never had another way of thinking or getting its needs fulfilled, then their present behaviour is still their best way of doing that. Notice this doesn't make their present behaviour OK, but it does change where you might choose to focus providing assistance.

Sometimes the positive intention is even more meta than that. You might need to consider the person's whole life path, their purpose, and what their soul might have in mind for their personal evolution. It may even require putting it into a historical context to fully appreciate how this behaviour might have been part of something much bigger. Remember, this is not necessarily about what is true, but about what is useful. If you can put something into a context that allows you to feel peaceful, positive and productive, rather than negative, judgemental and bitter, then the benefits are immense. The less time you spend feeling negative, the happier your life will be.

Test your ability: How good are you at finding a positive intention? Write down the best positive intentions you can think of for each of the following behaviours. (Remember the 'positive' is for the person - or the person's soul journey - doing the behaviour not the person receiving it)

1. *Someone cuts you up in traffic and hurls abuse.*
2. *You lose your job.*
3. *Your partner dumps you.*
4. *You have a really bad, miserable cold.*
5. *You miss your plane, train or appointment.*
6. *You have accumulated great debts.*
7. *A baby dies shortly after birth.*
8. *Hitler and the 3rd Reich*
9. *The Holocaust*
10. *Your neighbour, the paedophile*

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