

EFL APPLICATION OF NLP IN AREAS OF DICTATION, LETTER WRITING AND HYPNOTIC GRAMMAR WORK.

EXERCISE 1 Ask your students to pair off with some one they are feeling in good rapport with. They sit away from their partner but where they can see him/her.

Ask them to rule four columns:

I SEE	I HEAR	I FEEL THRU MY SOMA	I SMELL/TASTE
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Tell them you will dictate 15 words and Person A is simply to get a representation of each word. Person B is to use intuition and to watch A's eyes and body movements and write down the words in the column she reckons A got his/her representation in. (Pre-teach NLP eye movement system).

After 15 words the partners swap roles and do another 15 the other way round.

Discussion in the pairs.

VARIATION: Have the partners sitting next to each other and ask each to simultaneously empathetically guess how the other will be representing the word, using eye cue or not.

Hurray - I have broken the powerful gestalt of an exercise we have used in DICTATION and MORE GRAMMAR GAMES.

EXERCISE 2 WALKING AS ANOTHER

1. Pairs - Person A imagines himself walking in full rapport with an absent friend/family member etc ... Person B walks right behind him (in his moccasins) mirroring the friend's walk via A's.

Person A leads B in three different walks, thus presenting three people he knows well.

Person B does the same.

LETTER ACTIVITY 1

Person B chooses the walk that A showed her that she finds most interesting and Person A writes a letter, in the first person, from the person of the walk to B, introducing the person of the walk to B.

Ditto vice versa.

LETTER ACTIVITY 2

Person B chooses the walk that person A showed her that she finds most interesting and writes a letter to herself, in the first person, from the person of the walk.



Ditto vice versa.

(in Activity 1 people are writing informationally, from knowledge. In Activity 2 they are writing from intuition and imagination - better for some.)

LETTER ACTIVITY 3

This combines 1 and 2 and is Bonnie's idea.

Person B chooses the walk that A showed her that she finds most interesting and she writes a letter to herself from the person of the walk. Simultaneously Person A also writes a letter to B from the person of the walk.

Ditto vice versa (in this exercise both people write two letters, one informational and one imaginative.)

I think Bonnie's variation is the richest option - will try out this week at CAE.

EXERCISE 3 We did HINGE SENTENCES (see below) just as it is set out in MORE GRAMMAR GAMES (2.10) CUP 1995.

I asked people to work in pairs. Fortunately two people ignored this goofy instruction which allowed the sentences to send them into a trance. They had a fantastic trance time playing with syntax and meaning in a usefully altered state. This is similar to the way John Grinder learnt Swahili - he went to a village for a month and regressed himself to the language-useful age of 4, so the NLP rumour runs!

I have done this exercise many times and never, till the work in the NLP group, realised its Eriksonian potential. I thought of it as an intriguing exercise but nothing more. I failed to see its trance induction potential.

J■■■■, here is a whole area for us to explore in our NLP to EFL teacher's resource book.

P■■■■ we need to change the idiotic "pair your students" instruction in HINGED SENTENCES. We also need to suggest a preliminary mood-tropic exercise and a note on trance induction.

Thank you M■■■■ Sh■■■■ + group for allowing me to work with you

Mario