



Reframing Inner Resistance: a guide for Personal Trainers

Many people experience negative internal mind chatter, have old engrained habits, old patterns or responses that hold them back in their mission to achieve their health, fitness or performance goals. On the face of it, it may seem to you as the personal trainer that parts of your clients are being uncooperative or resisting.

Reframing is an NLP technique that we teach delegates on our [NLP courses](#) at Unleash Your Potential Ltd, so that you have the ability to help your client to reframe (or change) the way they look at things. In NLP we believe that every behaviour has a positive intention - a positive purpose for the person at some level. Sometimes we have to change the context of the behaviour or the content of what's being said or thought. All behaviour is controlled by the unconscious mind - so this means your client may not consciously be aware of why they do certain things. For example, the positive intention to the unconscious mind of going out and eating a ton of chocolate on a Friday night could be to 'get comfort', 'to signal the end of the week' and therefore it's a signal that 'it's time to relax' or to 'reward yourself'. Comfort food for some people is also connected with showing 'appreciation or love', 'sharing a good experience' etc. So, in other words, every behaviour is aimed at getting something - it's fulfilling a need at some level (to find out more about the unconscious mind [check out this blog](#)).

Logically you may struggle as their Personal Trainer to understand why the person would work so hard in the gym all week (and pay you lots of money to help them do it), to then sabotage it on the weekend etc. However you're hopefully starting to now understand more about how the mind actually works and you can appreciate that it's the unconscious mind that actually running the show - not the logical, conscious mind.

How can you help as their Personal Trainer to reframe unhelpful behaviour?

It's about recognising the positive intention behind the behaviour and finding alternative ways of fulfilling that need without the unintended negative consequences for their Health and Fitness goal. You could ask your client the following questions to help them think about the unhelpful behaviour and bring new insight:

- *What behaviour or response is getting in the way of your achieving your Health and Fitness goal?*
- *When did the pattern of behaviour start and what was going on for you at that time?*
- *What is that behaviour getting for you or trying to do positively for you?*
- *What's other ways can you get that benefit?*
- *Understand what resources and understandings you have now that you did not have at the time that this pattern started?*

Want to find out more about how NLP can help you to help your clients get better results?

Check out our website at www.unleashyourpotential.org.uk and in particular if you're new to NLP you'll want to consider studying our 7 day [Certified NLP Practitioner course](#) which we run in Cardiff and London. Thereafter you'll want to study our [14 day Masters Programme](#). Contact us for more information via: <mailto:info@unleashyourpotential.org.uk>