# Compassionate NLP: Free Readers' Resources

*Printable worksheets and practice guides to accompany* Compassionate NLP: A Kinder Path to Lasting Change *by Paul Cosens. Print as many copies as you like.*

**Contents:** Your Journey Log · The Wheel of Life · The Trust Check · Well-Formed Outcome · High-Payoff, Both Ways · The Forward Timeline Walk · Practice guides: The Swish, A Breath Before the Room, The Circle of Excellence, Turning the Dials, Meeting the Guardian, Three Daily Entries

# Your Journey Log

One line per chapter: what you discovered, and the next honest move you chose. If you book a coaching session, bring this log with you; it is often the best place to start.

| Chapter | What I discovered | My next honest move | Done? |
|---|---|---|---|
| 1. A compassionate way of changing | | | |
| 2. The evidence for change | | | |
| 3. See, Listen & Feel | | | |
| 4. Notice | | | |
| 5. Trust | | | |
| 6. Value | | | |
| 7. Choose | | | |
| 8. Honour | | | |
| 9. The Open Path | | | |

# The Wheel of Life

Score each area from 0 to 10 for how fulfilled you feel right now, then join the marks on a circle divided into six slices.

| Area | Score now | Score in 30 days |
|---|---|---|
| Family and home | | |
| Career and finances | | |
| Personal growth and learning | | |
| Health and body | | |
| Relationships and community | | |
| Meaning and spirit | | |

The slice where one small change would most improve the shape of the whole wheel: _____

One small action for it this month: _____

# The Trust Check

| Condition | Score (0–10) | One way to strengthen it |
|---|---|---|
| Consistency to build on | | |
| Genuinely heard, not just spoken to | | |
| Every first attempt encouraged | | |
| Enough time to grow | | |

The condition with most room to grow names your next positive step.

# Well-Formed Outcome

- What I want (positively, in my own words): _____
- How I'll know I have it (see / hear / feel): _____
- Where, when and with whom: _____
- The part within my influence: _____
- Resources I have, and need: _____
- What I will look after along the way (ecology): _____
- The bend in the road: _____
- My if–then plan: When _____ I will _____
- First step, and when: _____

# High-Payoff, Both Ways

| Three activities that most move my own goals this week | Three that most serve the people I serve |
|---|---|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

Protect time for at least one from each column before the week begins.

# The Forward Timeline Walk

- The goal, already real, as I see, hear and feel it: _____
- The bend in the road, and how wonderfully I handled it: _____
- The first step my future self knows I need to take: _____

# Practice guide: The Swish

1. **Find the cue.** Think of the habit and ask: what do I see just before it starts? Make that picture as it looks through your own eyes.
2. **Break state.** Look around the room, stretch, and let the picture go for a moment.
3. **Build the new you.** Create a picture of yourself, seen as if from outside, as the person you are becoming: calm, unhurried, confident, choosing freely. Make it so attractive, so warm and so compelling that you feel drawn towards it. Notice how right it feels for every part of your life.
4. **Set it up.** Bring back the cue picture, big and bright. In one small corner, place the picture of the new you, tiny and dark.
5. **Swish.** In about a second, let the cue shrink and darken as it rushes away, while the picture of the new you grows large, bright and close, filling the whole screen. You can add a *swish* sound if it helps.
6. **Clear the screen.** Open your eyes, or look at something else, so the sequence has a clear end.
7. **Repeat** steps 4 to 6 five to seven times, a little faster each time, clearing the screen in between.
8. **Test and enjoy.** Now think of the cue, and notice how quickly the new you comes to mind, and how good that feels. Each extra round makes the new direction stronger still.

*From* Compassionate NLP *by Paul Cosens*.

# Practice guide: A Breath Before the Room

This comes from my HeartMath training, and it takes less than a minute.

1. **Notice where you are.** Feel your feet on the floor and your breath as it is right now.
2. **Shift your attention** to the area around your heart, the centre of your chest.
3. **Breathe a little more slowly** than usual, around five seconds in and five seconds out, as if the breath were moving through that area.
4. **Recall appreciation.** Bring to mind a moment of real appreciation or care: a person, a place, a small kindness. Let the feeling of it grow, warm and steady.
5. **Hold it** for three or four breaths, enjoying it, then walk in, carrying that feeling with you.

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# Practice guide: The Circle of Excellence

1. **Picture a circle** on the floor in front of you, any size, any colour that feels right.
2. **Recall a resourceful moment.** Remember a time you felt calm, capable and entirely yourself. It doesn't need to be dramatic; an ordinary moment of quiet competence works well.
3. **Make it vivid.** Notice what you saw, what you heard and what you felt then. Let the feeling build.
4. **Step in.** As the feeling grows, step into the circle and let the state grow stronger with the step.
5. **Anchor it.** At the peak, make a small, specific gesture, thumb and forefinger touching, say, and hold it for a few seconds.
6. **Step out and clear.** Step back, look around, count backwards from five, and let the state settle.
7. **Test.** Step back in and make the gesture. Notice how readily the state returns, and how good it feels. Each repetition of steps 2 to 6 makes it stronger and richer.
8. **Take it with you.** Think of a situation coming up where you would love to have this state. Imagine stepping into the circle just before it, and notice how confidently, calmly and capably you meet it.

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# Practice guide: Turning the Dials

1. **Begin with a good feeling.** Remember a time you felt comfortable and at ease. Notice how you hold that memory: where it sits, how bright, how close, how warm. This is your reference for how good feels to you.
2. **Choose something mild.** Now bring to mind something small you would like to feel easier about, around 3 or 4 out of 10.
3. **Notice the picture.** Where is it: in front of you, to one side? How big, how bright, how close? Still or moving? In colour?
4. **Notice any sound.** Is there a voice? Whose? How loud, how fast, from which direction?
5. **Turn one dial.** Change one quality at a time: let the picture drift further away, shrink, soften its colour; give the voice a slower, kinder tone, or move it further off. Notice how much easier you feel with each change.
6. **Keep what feels good.** Leave in place every change that feels better, and simply return any that don’t.
7. **Add the good feeling.** Bring back the at-ease memory from step 1, and let that warmth spread through you as you see the small thing in its new place.
8. **Enjoy the difference.** Think of it again, and notice how comfortably you hold it now.

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# Practice guide: Meeting the Guardian

1. **Choose a pattern** you are ready to update, a gentle one to begin with. Approach it with warm curiosity, as if meeting a new friend for the first time.
2. **Notice where it lives.** Where do you feel this part, in your body or in your mind's eye? Does it have a shape, a voice or an image?
3. **Ask kindly:** *What do you want for me?*
4. **Listen.** The answer may come as words, an image or a feeling, in its own good time. Whatever comes, however quietly it comes, thank it for listening; the conversation has begun.
5. **Ask again, if it helps:** *And if you had that, what would that give me?* Keep going until you reach something that feels deeply positive: safety, dignity, belonging, rest.
6. **Thank it,** specifically and sincerely, for that protection.
7. **Offer new choices.** Invite it to meet that same need in even better ways, and explore two or three concrete options together.
8. **Check.** Notice whether every part of you feels comfortable with the new choices; welcome any part that wants a say, and include what it wants too.
9. **Agree a small trial** for the coming week, and enjoy noticing what happens.

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# Practice guide: Three Daily Entries

1. **Choose a time.** The end of the day works well for most people; some prefer first thing.
2. **Something in yourself.** Write one thing you appreciate in yourself today: an effort, a choice, a quality, a boundary you held, an act of care.
3. **Something in someone else.** Write one thing you appreciate in another person. Name the specific behaviour and why it mattered to you.
4. **Something in life.** Write one thing you appreciate in your day: a place, a moment, a resource, a memory, a simple pleasure.
5. **Make each one concrete.** “I made the difficult call” carries more than “I was strong”. “She waited while I found the words” carries more than “she was kind”.
6. **Feel it for a breath.** Before moving on, let yourself enjoy each entry for a moment, and feel the warmth of it.
7. **Review weekly.** At the end of each week, read back through. Notice the patterns: who keeps appearing, what kind of moment, what you keep doing well.

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# Continue the conversation

If you would like company on the next step, I offer a free, no-obligation first conversation.

- **Book a time:** calendly.com/paul-cosens
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*Go gently.* Paul Cosens