



CASE STUDY TELECALL

During the case study call, we will be discussing two case studies. Please familiarise yourself with these case studies and identify what patterns of emotion, thought and behaviour you notice and what possible NLP processes you could use with these people. We will presuppose that a Personal History and Achievable Outcome have already been done to gather information about the Present State and Desired State.

Case Study 1

Present State:

Jennifer is a 32 year old mother of two, married and working fulltime in a highly stressful job. She suffers from bad PMS including unbearable cramps and headaches which often she has to call in sick to work because of. When the PMS happens, she gets very emotional, teary and angry. This has only been happening since her youngest daughter was born five years ago, before then, she had no PMS symptoms.

Desired State:

Jennifer would like to have the same PMS symptoms as she had before her daughter was born (none). She wants to be pain free, emotion free and be able to get on with life as normal, no matter what time of the month it is. As a second thing to work on, she would like to find some tools to handle stress better in her job.

Case Study 2

Present State:

Paul is a single 42 year old who works in sales in the real estate industry. While he appears confident and sure of himself on the outside, he explains that it is all a mask and that he is stuck in a rut, lacking confidence and quite depressed. He is not where he thinks he should be in life for a 42 year old, he has very high expectations of himself, has negative self-talk language and is his own worst critic. He would like to be in a relationship but always tends to seek women who need fixing. He realizes that the first thing to fix is himself before someone else.

Desired State:

Paul wants to increase his confidence, self belief and self esteem. He would like to have the same internal and external make-up without masks and pretend. He would like to set some realistic goals and know that he can accomplish them. When he is feeling better and more 'himself' Paul would like to find a relationship with a woman who is secure and confident in herself with no fixing needed.