

Communicate Mindfully

Presuppositions are assumptions we hold to be true—often unconsciously—which influence our behaviour. When we become intentional about them, we can create more positive outcomes, especially in mindful communication. Here are some helpful NLP presuppositions to keep in mind:

1. The meaning of communication is the response you get.

This reminds us to take ownership of how we communicate. By closely observing the other person's reactions, we can adjust our approach to better align with their 'internal processes'—shaped by beliefs, values, and past experiences—and phrase our message in a way it can be more effectively heard and received.

2. We all have blind spots which can be improved.

Research by organizational psychologist Dr. Tasha Eurich found that while 95% of people believe they're self-aware, only 10–15% actually are. This highlights our natural blind spots and reminds us that self-awareness is a skill should continually develop to strengthen how we communicate.

3. You cannot NOT communicate.

Even in silence, we're always communicating—through body language, tone, facial expressions, and presence. This presupposition reminds us to be mindful not just of our words, but also of the subtle signals shaped by our biases, expectations, and internal states.

4. People are not their behaviours.

We capture only a moment in time in any interaction. We never truly know the other person's vulnerabilities, past conditionings, blind spots and internal processes. This reminds us to respond with empathy, recognising that people are always evolving and more than what they show in a single moment.

5. There is no failure, only feedback.

After a difficult interaction, it's easy to judge or give up on connection. But this presupposition reframes the experience as feedback—not failure. By adjusting our communication style and mindset, we can often repair and strengthen relationships moving forward.

6. Signals of resistance, indicate lack of rapport.

This helps us build on point number 5. When someone resists in conversation, it often means trust or connection hasn't been established. Instead of pushing back, we can view their response as feedback - an opportunity to take ownership of how we communicate and find creative ways to build rapport and mutual understanding.

*Listen Mindfully,
Speak Mindfully,
Build Fulfilling
Relationships*

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