



## Communicate



Believe what you get.

If you stop for a moment prior to just one communication you make today, ask yourselves; "what outcome am I after with this person?" With this simple consideration, you bring consciousness to your intention, and shift the locus of control from the external to the internal.

As you proceed with the communication, pay close attention to how the other person is receiving your words and behaviors, adjust accordingly and shape the communication toward your intended conclusion.

Bandler was perhaps the first to articulate this lesson from [Milton Erikson](#), one of the most accomplished communicators of the last century: "*The meaning of your*



*communication is the response that you get. If you can notice that you are not getting what you want, change what you're doing. But in order to notice that, you have to clearly distinguish between what you are getting from the outside, and how you are interpreting that material in a complex manner at the unconscious level, contributing to it by your own internal state."* (Bandler and Grinder, p.61)

Take a moment to reflect on all your communications today. Notice your intention but believe in the results you are getting. If you are not satisfied with the outcome, do anything differently. Be willing to adjust to achieve your goals.

## Reference

Bandler, Richard and Grinder, John. (1979). In John O. Stevens (Ed.). *Frogs into Princes: Neuro-Linguistic Programming*. Moab, UT: Real People

Image Search "Mirror" Courtesy of: [Vince Fleming](#) [@vincefleming](#)

*The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.*