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**Shirley Solis**  
NCXP Trainer  
Founder, New Code Experience

**Changing State**



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**Video 2**  
**Types Of States**



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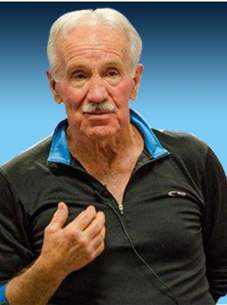
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*"The amount of states  
we can experience  
are endless..."*

**John Grinder**



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## Some Of The States You Can Experience:

- ☑ Humans can experience **resourceful** or **unresourceful** states
- ☑ There are states we tend to go to **unconsciously** and which generate 80-90% of the results in our typical day
- ☑ There are also those states we choose to **consciously** go to
- ☑ We call this **State Management**



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## Fact:

Rehearsed or historical state is not the same  
as a **clean content state**.



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## About State

- ☑ What is important is that we generate a **CLEAN STATE**
- ☑ **Clean state** is a state which has no personal history and that doesn't drag historical associations, historical connections or materials from the past
- ☑ This is a **clear distinction** between Classic Code NLP, other modalities and New Code NLP
- ☑ **Classic Code NLP** and other modalities use historical states that may pull all kinds of associations from the past



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## Fact:

When we generate a **clean state**, we ensure that we have resources which are directly related to the context we are encountering at that particular moment.



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## Fact:

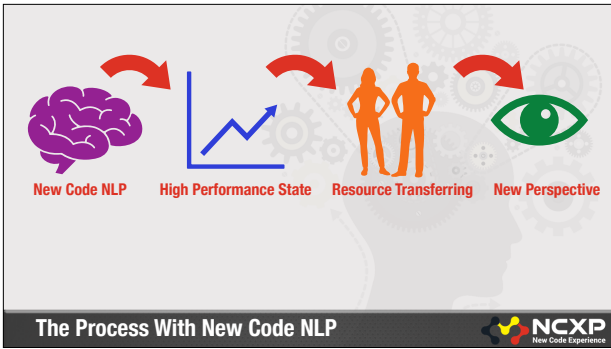
This **clean state** is part of the design of **New Code NLP**, which allows you to respond appropriately to every situation independently, with all the resources you need for that particular situation.



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In **New Code NLP**, we call these clean states  
**High Performance States**





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## Types of High Performance States

### The Know-Nothing State

- ☑ Is defined by John Grinder as that state where you know only the things you need to know in order to accomplish the intention you set before you went into the state.
- ☑ It's the state a person is in when they are in competitive activities for example- many call it "being in the zone."

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## Types of High Performance States

### The Know-Nothing State

- ☑ In this state there is **no conscious bias**. In other words, the person is operating at a high level without conscious interference
- ☑ It is a **zone of genius**, where the conscious mind is bypassed, and the responsibility for the actions are delegated to the unconscious mind for optimum performance

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## Types of High Performance States

### The Know-Nothing State

- ☑ Being in a **Know-Nothing State** accelerates the response by the client and expands the choices available



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## Types of High Performance States

### The Excellence of a Child State

- ☑ This is the state where there are no inhibitions to learning and no fear of failure
- ☑ It's literally the state you were in when you were a child, when you were directed by creativity and curiosity
- ☑ As an adult, the **State of Excellence of a Child** can help you engage in creativity, problem solving, and learning



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## Types of High Performance States

### The Modeling State

- ☑ This is the state you would be in in order to unconsciously assimilate the performance of an expert or genius, while he/she is engaged in whatever the genius excels at
- ☑ This state would allow you to learn the techniques of mastery of any subject rapidly and without conscious interruption
- ☑ This is the state John Grinder and Richard Bandler used when they learned from Fritz Perls, Milton Erickson and Virginia Satir in order to codify their work



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**The Unconscious Mind Training**



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### QUICK RECAP

- ☒ You learned that humans can experience resourceful or unresourceful states
- ☒ Classic Code NLP and other modalities use historical states that may pull all kinds of associations from the past
- ☒ New Code NLP generates a clean state in which you are able to respond appropriately to every independent situation
- ☒ Generating completely clean, high performance states, such as the **Modeling State**, the **State of Excellence of a Child** or the **Know Nothing State** is crucial to your personal results and to the results you will generate for your clients

Types of States

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### Changing State

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