



## PMH #3: Clearing Problem Memories

**P**roblem memories can be termed as any thought from your past, which causes an unwanted or adverse effect in your present.

Every day we forget things, sometimes important things such as the location of house keys and sometimes irrelevant things such as an item from our grocery list. So why is it that some memories remain with us, and more importantly what can we do to clear the ones we don't necessarily want to keep.

Often with bad, or problem, memories there is a positive or protective reason to remember them. A lesson learned or to be learned from, a reason to be vigilant or cautious, signs indicating a dangerous environment etc. The problems arise when these memories interfere with our daily lives and actually make things worse instead of better!

So, what can we do to change this? Well, as the co-creators of NLP discovered, experience has structure. This means that the way we

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experience our ongoing situation in life has a structure and so do our memories. The thoughts feelings and experiences we have each and every day are coded in our minds with specific sensory structures. These structures are made up of our sight, hearing, touch, taste, smells and internal feelings.

Each one of these “modalities” has a subset associated with them, or Sub-Modalities as they are referred to in the world of NLP. Sub-Modalities are the distinctions in our senses, for instance in our visual sense we might have colour, monotone, moving pictures, still pictures, panoramic or borders, size, distance etc.

