PSYCHOEDUCATION HANDOUT

Change & Transformation

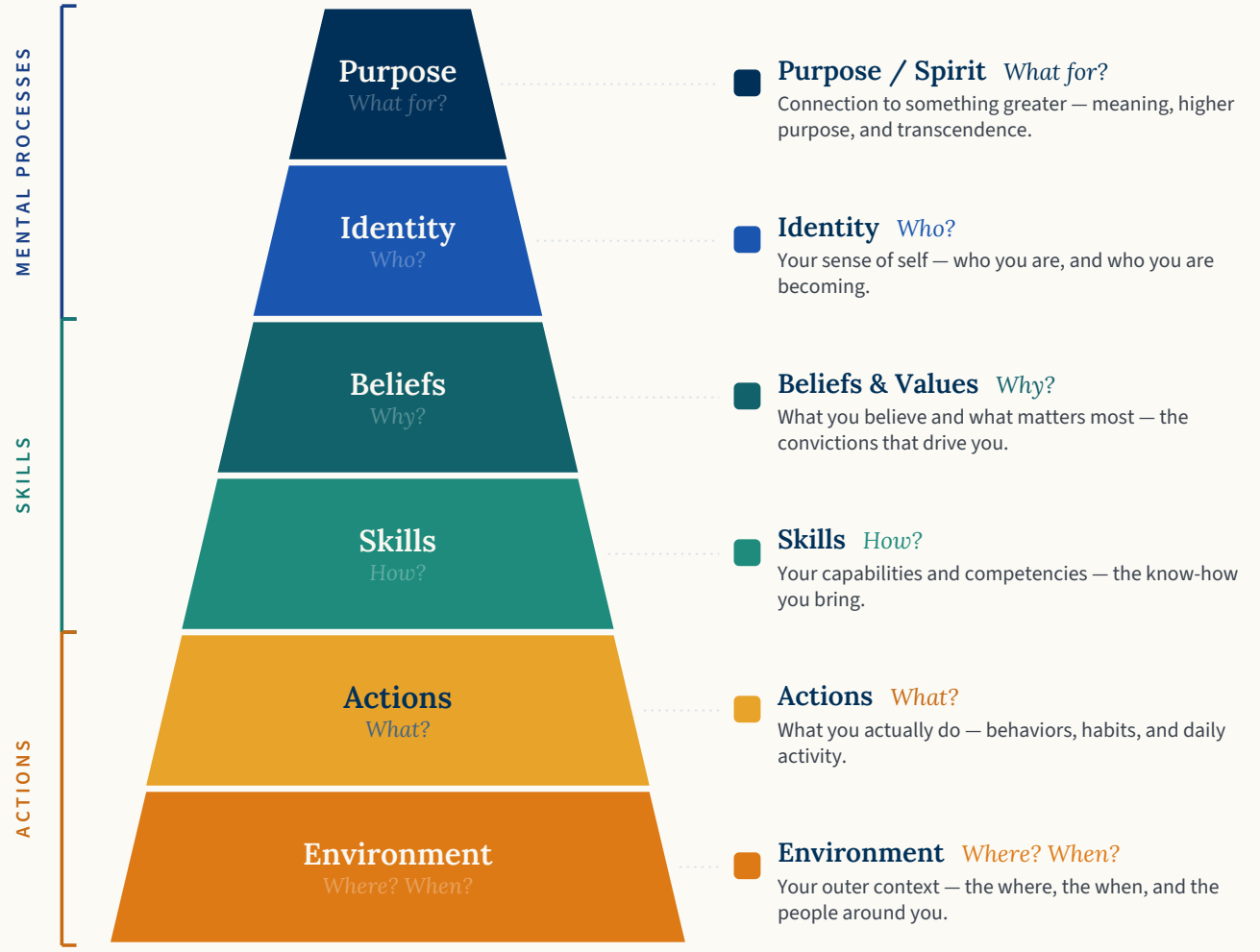
Clinician & client use

ROBERT DILTS · NLP

Neurological Levels

Change becomes deeper and more lasting the higher we reach.

Robert Dilts' Neurological Levels map six depths at which change can happen — from your outer environment up to your deepest sense of purpose. Each level shapes the ones below it, so when you feel stuck, the real block usually sits higher than where you are trying to fix it. Work at the right level and change cascades downward — and holds.



Purpose / Spirit *What for?*
Connection to something greater — meaning, higher purpose, and transcendence.

Identity *Who?*
Your sense of self — who you are, and who you are becoming.

Beliefs & Values *Why?*
What you believe and what matters most — the convictions that drive you.

Skills *How?*
Your capabilities and competencies — the know-how you bring.

Actions *What?*
What you actually do — behaviors, habits, and daily activity.

Environment *Where? When?*
Your outer context — the where, the when, and the people around you.

Framework: Robert Dilts' Neurological (Logical) Levels, an organizing model from Neuro-Linguistic Programming used in coaching and therapy to locate where change is needed. A practical lens for reflection — descriptive, not diagnostic. Level descriptors here integrate Dilts' model with VisionLogic's LifeScaping framework.

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