**Size: individual, small group, Duration: 15-30 min**

**TITLE: MEMENTO**

**AIMS**:

* To recall memory patterns
* To recognize problem structures
* The meaning and use of senses in the process of changing these structures

**DESCRIPTION**:

Just as applies for experience, problems also have their own structure. (Nothing that happens is a problem on its own). Every problem as such, arises due to the interpretation of an event following our own model of the world, our own inner mental map.

Through this exercise the students/participants will realize that every experience has its own sensory perceptions (sight, hearing, smell, touch) and that it can completely change if one of these elements changes.

**In implementing the exercise the trainer/teacher strictly follows the steps below:**

**Step 1:** Imagine an unpleasant situation that happened to you in the past. Now, transform the situation into a film and imagine it to the greatest detail possible. What do you see? What do you hear, feel? Watch this inner film carefully and pay attention to what feelings does it arouse in you.

**Step 2:** Then choose a type of music which should be the complete opposite of the negative feelings conveyed by the film, e.g. circus music, a soundtrack from a cartoon or dance music. Now, replay the movie featuring a negative situation while listening to the music you have opted for. Repeat the procedure of watching the movie with “inappropriate” music in the background a few times.

**Step 3**: Replay the movie in your mind again, however, this time you should do it without music and pay attention to your feelings.

**Step 4:** The trainer/teacher initiates and guides the discussion by asking questions such as:

* How does a change of music influence the given situation?
* Have you ever thought about that sensory perceptions and feelings make part of our experience?
* How can I use this exercise to transform negative experience also in the future?
* How can I use the technique I have learned in enhancing positive experience?
* How do I feel in general after the exercise?
* How can I use this technique in achieving inner satisfaction?
* What might be the pitfalls? (e.g. avoiding all negative experience)

**MATERIAL: /**

**PREPARATION:**

The trainer/teacher should prepare thoroughly to a guided discussion (see above) including clear operational goals.

**COMMENTARY:**

* The exercise is intended for adults and can be used either to work with individuals or with a small group.
* The trainer should take into account that working with small group demands a very high level of trust among the participants which consequently leads to more open and personal interactions.

**EVIDENCE:** Theoretically Grounded

**AUTHOR:** Richard Bandler,

**SOURCE**: NLP/ Practice book (2002, 2005): The structure of magic: A book About Communication and Change (1976). Science and Behavior Book.

[www.richardbandler.com](http://www.richardbandler.com)

[www.mastermindakademija.com](http://www.mastermindakademija.com)

Sonja Bercko adapted exercise!!