

THE BONDING POWER



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Bonding Power: An Introduction

The bonding power is the ability to establish a relationship with someone based on shared thought processes, opinions, feelings, interests, hobbies or experiences. The bonding power is the magic of rapport, the magic of communication. To master the bonding power, you must be a master of all sorts of communication: both verbal and non-verbal communication. You must understand people's language: both verbal language and body language.

Bonding power is an important life skill that helps us influence other people. Bonding power is the foundation of human interactions. Bonding power is based on your communication style. Bonding power is all about your way of dealing with other people.

If you have the mastery of communication and sufficient people skills, you can work your magic of rapport in every situation and you are a winner. You will always know how to create the magic of rapport through matching or mirroring the people with whom you are interacting. You have mastered "*the Art of Bonding*" and you have no dearth of friends in your life.

Some people are born with a natural talent for bonding. For people like me, who are introverts, it is very difficult to open up and to bond with other people. I have always thought about it and found that the best way is to change my undesirable behaviours to desirable ones at least when I interact with other people. It is a mental reframing process and it is not easy. However, we can learn something from Bandler and Grinder's mental reframing process.

Bandler and Grinder's 6-Step Reframing Process

We all want to establish a rapport with the people we love and admire. We feel gratified when we are able to establish a close and harmonious relationship with them and we understand each other's feelings or ideas. But we do not know how to accomplish this.

A SIX-step reframing process developed by Bandler and Grinder helps you to change any of your undesirable behavior into a desirable behavior. These six steps are,

1. Identify the behavior you wish to change
2. Establish communication with the part of your unconscious mind that generates the behavior
3. Separate intention from behavior
4. Creating alternative behaviors to satisfy intention
5. Have that part of your unconscious mind that generates the behavior accept the alternate behaviors
6. Make an ecological check

Sometimes our individual behaviour pattern may not be desirable to the persons with whom we want to interact. We must be willing to identify these undesirable behaviour pattern in us. We should also be willing to change these undesirable behaviours to desirable ones. Is it easy to practice them? I do not know. You tell me...but we can give it a try, can't we?

FOR FURTHER INFO...

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