

## **CONGRUENCE AND INCONGRUENCE**

In NLP the concept of congruence and incongruence is very important – for both patient and practitioner. Incongruence is a signal of an out of awareness conflict when there is a difference between how you are presenting yourself to the world and what is actually happening inside you. It is the basis for many presenting symptoms and unresolved problems. It can be thought of as the “but” in “yes, but...”, and may be spoken or remain unspoken.

Congruence, on the other hand, is when you are “all of a piece”, when how you are feeling on the inside matches what you are presenting on the outside. Whether you are congruently expressing “yes” or “no” you are fully committed to what you are doing.

Identifying these internal signals for yourself can be very helpful in distinguishing incongruence in both your patients and yourself. If you feel confused, puzzled or ill at ease in another’s presence then use this signal to alert you to step back and seek more information before making a decision.

### **INCONGRUENCE**

Check your feelings out when

- You remember getting a present from someone that you didn’t want or like yet had to open it in front of them
- You remember telling someone you would do something you didn’t want to do and resented being asked to do. (e.g. working late, seeing an extra patient)

### **CONGRUENCE**

Check your feelings out when

- You remember being determined to do something, you did it, and looking back on it is still a good decision today.
- You remember doing something really well, you know you did it well and someone said “well done!”

You can find out much more about the nuances of incongruence and many ways to deal with it in Consulting with NLP