

The Presuppositions of NLP 2.0

Copyright David Shephard, presented at the NLP International Conference, May 2026

<https://performancepartnership.com/>



"The principles which form the foundation of NLP have been modelled from key people who consistently produced superb results, as well as from systems theory and natural laws. We know these as 'The Presuppositions of NLP' "

<https://anlp.org/knowledge-base/presuppositions-of-nlp>

Depending on the source, there are some 13 to 18 basic assumptions of the NLP, which were defined by the founders of NLP. That was in the 1980's.

Drawing on his decades of experience in applying NLP, David Shephard has defined 13 additional presuppositions, which he has titled "NLP Presuppositions 2.0". At the NLP International Conference 2026, David presented these additional presuppositions and explicitly noted that they should be understood as complementary to the originally formulated presuppositions.

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| 2.1 | Everything is a model. |
| 2.2 | There is only now. |
| 2.3 | The problem is never outside of you. |
| 2.4 | There is no objective reality. All reality is subjective. |
| 2.5 | Everything we retrieve into memory is changed by this very action. |
| 2.6 | Everything is your projection. |
| 2.7 | Everyone is at cause for everything, including the illusion of being the effect. |
| 2.8 | There is no absolut truth, you create your own. |
| 2.9 | There is not certainty outside of you, you create it inside of you. |
| 2.10 | Everything is energy. |
| 2.11 | The universe - and nothing in it - is linear. |
| 2.12 | Words have energy and power. |
| 2.13 | Any intervention works for everybody any time, provided certain conditions are met. |
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