

■ NLP Reflections – Grooming Session Worksheet

Client Name: _____

Date: _____

Horse: _____

Facilitator: _____

Before the Session

- How are you feeling right now (emotionally / physically)?
- What do you notice in your body as you stand beside the horse?
- What intention would you like to set for today's session?

During Grooming

- What sensory details do you notice? (Touch, smell, sound, rhythm)
- How is the horse responding to your touch and presence?
- What thoughts or memories come up as you groom?
- What patterns in your communication or behaviour do you notice?

NLP Reflection Prompts

- What **state** were you in at the start, and how has it shifted?
- What internal **representations** (images, sounds, feelings, self-talk) changed during the process?
- What **anchors** (touch, movement, breath) helped you stay present?
- Did the horse mirror or respond to your emotional shifts?

After the Session

- What did you learn about yourself through this interaction?
- What did you learn from the horse?
- If you could summarise today's insight in one sentence, what would it be?