

# An Analysis on the Recent Techniques Involved in Neurolinguistics

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## Abstract

Neurolinguistics is a language development program that can be understood by the human brain. Neurolinguistics program increases the choice of the keywords to increase the communication skills and also stabilizes the mind. The stability in the mind helps to perform in the difficult situations in life. Recent techniques such as swish process, anchor development are increasing the skills of a person and that reaches the objectives of Neurolinguistic program. Neurolinguistic programs have a valuable social impact and that is described in this report. The new techniques that are involved in the Neurolinguistic program are also described in depth in this report.

## Keywords

Human, Language, Neurolinguistics, Swish.

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## INTRODUCTION

### Background and Rationale

The following study has been formulated for analysing the latest techniques involved in neurolinguistics. The field of study centred on the branch of linguistics that deals with the relationship between language and the structure and function of the brain with respect to this is referred to by the term neurolinguistics [1]. The following study has attempted to make an in depth analysis of the latest Neurolinguistic techniques through attentive study of various relevant aspects. This has been done since the aspect in discussion, neurolinguistics, play a vital role in interpretation of the brain mechanisms that are associated with control of seeing, hearing, understanding, interpreting and speaking of language. In depth analysis of various human conditions such as usage of language by people suffering with specific language impairment (SLI), loss of language in patients with brain injury or damage and such can be conducted better through intricate probation of the matters in a systematic manner. The chronological progression of the study by exhibition of compliance with a specific set of methodological assumptions has been attempted to ensure generation of insightful findings in order to draw constructive conclusions.

### Literature Review

Neurolinguistics has been identified as one of the prime interdisciplinary fields of linguistics. It encompasses the analytical procedures on individual levels for dealing with speech disorders in usage and producing language. Neurolinguistic studies conducted before have investigated the contribution of neurolinguistics in language and speech disorders which includes ailments of thinking and expression of self [2]. A major consideration while understanding neurolinguistics is the direct involvement of brain

functioning within the tasks of language usage. Previous studies have shown direct interrelation between brain damages and disruptions in language processing on part of individuals.

Implementation of neurolinguistics have been observed in various systematic research works related to various aspects of understanding generation in terms of language learning on part of various individuals hailing from diversified backgrounds and dealing with various physical and mental conditions. For instance, information from neurolinguistics perspective has been utilised for studying the process and experience of language learning by children who are found to be suffering with mental retardation conditions [3]. Apart from the physical structure of the brain, the aspect of emotions is found to be a very significant factor while analysing its impacts on neurolinguistics. Behavioural patterns of individuals are found to be directly impacted by the emotional perspective of the individual and the image created by such emotional and psychological traits. Mental strength factor and significance of reframing have been found to play pivotal roles while analysing situations and cases from a neurolinguistics point of view.

### Significance of the study

The present study can be regarded as a significant and important research study for a number of reasons. This study has attempted to draw constructive critical analyses of various aspects found to be significant while understanding neurolinguistics. The study has further summarised the various innovative techniques in a systematic approach which are found to be worth studying in the context of neurolinguistics.

## OBJECTIVES

The following study has been driven by a set of aims and objectives developed after thorough consideration of the needs and requirements of the research. Successful execution

of any research work is dependent on adoption of appropriate aims and objectives for the study [4]. This notion has been taken into consideration while developing this part of the study. The objectives thus developed have been mentioned below for ease of the readers as well as the researcher while execution of succeeding research activities such as data analysis, interpretation and discussions.

#### Research Objectives

- To identify the latest techniques involved in neurolinguistics.
- To analyse the identified latest techniques involved in neurolinguistics.
- To evaluate the implications and success rate of the identified techniques.
- To develop a comprehensive view about modern neurolinguistics.

## METHODS

### Research Design

Methods are an important part that provides the direction of the research. Research quality depends on the methods that are used for the research. Research design provides the structure of the research and that increases the detailing of the project. Exploratory research is used in this project as the exploratory research helps to better understand the problem. Neuro linguistics is a very complex subject to understand and that explains the understanding of the brain [5]. Exploratory research design helps to explain neurolinguistics easily and that gives a right direction to complete the research and the betterment of the project.

### Research Type

Research type is another part that explains the right method to conduct the data collection. The analysis of neurolinguistics can be generated with the right research type. Qualitative research type is used in this project as the qualitative research type holds the feelings, emotions and experiences of humans. The explanation of neurolinguistics needs the experience and the emotional knowledge of humans. Social norms and the cultural involvements are also important for a human brain and that have a huge impact on the brain [6]. Qualitative research type provides scopes that can help to collect the social experience that helps to study neurolinguistics.

### Research Duration

The research was conducted in the last two months of the year 2022. October to November is the initial part of the part of the project where the research design, research type and the data collection are positioned. The exploratory research type and the qualitative research type are selected in this period of time according to the subject. During November to December, the data analysis and the inclusion and exclusion of the methods are positioned. This period of time had the main analysis part of the neurolinguistics study and this analysis helps to elaborate the brains' understanding about

the languages.

### Inclusion and Exclusion Criteria

Choosing the right is the main objective of the methodology according to the research. Different types of research are used for the same projects but the most reliable with the subject is praised in between the projects [7]. Inclusion and the exclusion criteria is a very important part of a project. This project has the data from 2018 to the recent year as the project needs updated data to understand the neurolinguistics. The exploratory design, qualitative research type and the secondary data analysis is used in this project as these methods have the most reliability with the neurolinguistics study. These methods provide the scope to understand the neurolinguistics and the recent techniques involved in it.

### Data Collection and Data Analysis

As mentioned above, a Secondary data collection method is used in this project. The journals and articles published in 2018 to recent years are used for collection of the data as the other data are too old for the research and the updated journals have updated concepts about the study. Thematic analysis is the best way to interpret the neurolinguistics study and that provides an easy way to understand the topic [8]. The project contains many techniques that involve neurolinguistics.

## RESULTS

### Theme 1: Dissociation Impacts in Neurolinguistics

Emotions have a huge impact on neurolinguistics as the brain knows them sign languages through the hormonal changes in the body. The emotions in the body control the whole behavioural changes of a person and the behaviour creates an outer image of a person in the society. Dissociation is a study that explains the emotions and helps to identify the emotions that cause behavioural changes. Fear, anger, and happiness are one of the reasons that hold different reactions in a person. The brain controls all the emotional changes and the reactions that create the personality [9]. Dissociation can help to identify and control the emotions that can affect the brain and effect the behavioural changes. After identifying the specific emotions, practice can hold the emotional changes and practice can generate more stability in the brain. This process creates a stable mental health condition that can help a person to get out of many problems in life. This process is involved in the neurolinguistics program and that can better the daily life of a person. Neurolinguistics is a complex study as the brain is involved and holds a large portion of the emotional changes in it [10]. Daily practices are the only ways to develop the brain capacity and control the anger, fear and excitements that can harm daily life. Dissociation is an important part of neurolinguistics as the emotions are very important factors of the brain.

**Theme 2: Importance of Reframing in Neurolinguistic Study**

Reframing generates positiveness in life and that helps to be a positive personality in society. There are many emotions with the same symptoms and that can be reframed with the positive approach of a personality. For example, athletes have a huge mental strength that helps them to perform in front of the full gallery. Any individual feels nervousness and fear to perform in front of the spectators. Sweats, short breath and increased heart rates are the symptoms of nervousness or stress [11]. That is felt by the athletes in every game but they explain their emotions in a different way. Journalists always ask whether the athletes are stressed or not, athletes say they are excited as the excitement and the nervousness have the same symptoms. This positiveness helps a person to go further with a fresh mind and help to do the job with ease. Reframing is another process in neurolinguistics and that helps to generate positiveness in the personality and in life also. Reframing of emotions explains the human emotions in different ways and that affects the brain in a positive way. Identifying the same symptoms in different emotions is another matter to analyse. This practice helps a person to generate positiveness and that can help to motivate a personality in future. Reframing is a very important practice in recent years to analyse neurolinguistics and this practice helps to improve the behavioural changes and control the expressions [12]. This process is important for the study of the brain and the control of outrages of anger, fear and other emotional expressions.

**Theme 3: Anchoring Practice for the Neurolinguistics**

Anchoring is a very important part of life and that pushes a personality to do something in life. Self-confidence can be generated by the anchoring practice and that helps to do a job more frequently. Anchoring is a process that can be generated by the previous experience as the experience indicated as the anchors. Memories always help to make decisions so quickly and help to identify the does and the don'ts so easily. The anchors also generate motivations for the future and inspire a personality to solve difficulties in life. The anchoring practice helps to get a quick response in different situations. This response can be generated from the consciousness. The response can be positive or negative but anchors mostly help to choose the right in life. There are five key elements that are important for practicing this process. Intensity is the first one to practice the anchoring process in neurolinguistics [13]. Intense emotions always help to progress in life. Intensity increases the happiness, motivations and comfort in life. Timings are another important factor that can enhance the process of improvement of neurolinguistics. Uniqueness of stimulus can generate effective results. Replication of specific stimuli is important to deal with the same problems in life. The number of practices improves the skills of solving difficult problems and that increases the timing of instant decision making.

**Theme 4: Communication builds up for Neuro Linguistic Program**

Neurolinguistic programs develop the communication skills of a person and that attracts the clients and the society towards the personality. Listening is a huge factor that can increase the communication skills of a person. Better listeners always have the advanced position to communicate with others. Modern days there are few listeners in the society. The topic changes in a conversation frequently and that creates a loophole in building a relationship. The Neuro Linguistic program helps individuals to practice listening to others and understand what they are trying to express. This process helps to build a better relation between the two in society. The key words are so important to identify to build a nice conversation and repeating those keywords generates an attraction about the conversations. Uniqueness and the replicating the same gestures create great relations and help to get positive feedback from society. A Neuro linguistic program helps to choose the words to use in the conversation and that also increases the knowledge about the others' understanding about the words [14]. The understanding of the words that are used in the conversations is a biggest problem in modern life. That affects the whole society and even the personal life also. The miscommunication in a conversation mostly happened because of the wrong choice of the words. The understandings of the words are the most important factor to build a conversation and the words are the steps of building a conversation. That is the reason the good listeners have an advanced position in the society for building relations with unknowns.

**Theme 5: Impacts of Priming in the Neuro Linguistic Program**

Neuro linguistic programs have many drawbacks that Neuro linguistic programs cannot be used in many different specific problems. The priming has an impact in the human brain and helps people to respond to a subsequent stimulus. For example, the background music has a huge impact on the human brain and that also changes the reactions and the moods of the individuals. Priming process generates from the previous experience gathered by a person [15]. Once any information has been primed in the brain, produces a concern about the work for the future. This process helps a person to react in a specific matter in the future frequently. Positive and negative priming explains the impacts of the priming in the processing speed in the brain. Positive priming increases the processing speed while negative priming decreases the processing speed in the brain. Semantic priming is triggered by the key words in the brain so that the brain can react so fast in that situation. Associative Priming is another one priming that describes the two words that are linked with one and another. For example, "cat" is linked with the word "mouse". These two words are linked with each other and the other one appears in the mind if one appears in a conversation. Repetition and the perceptual are other priming methods that are used for priming in the Neuro linguistic

program.

### **Theme 6: Importance of Swish in Neuro Linguistic Program**

The swish pattern is very important to discuss in the Neuro linguistic program. The swish pattern helps a person to reconcile their habits and to change the bad habits. Swish pattern helps individuals to quit bad habits such as smoking, nail-biting and overreacting. This process helps a person to groom and control the emotional changes in the human mind. Understanding the emotional changes is the main step to understanding the process. The swish pattern is the one way to change the inner bad habits and the bad feelings to healthy habits and comfortable feelings. The habits change with the requirements of the situations and the requirements of the clients. The emotional changes indicate the various feelings in the mind about the person. This process trained the mind to become a more developed person. Neuro linguistic program trainers put this into a process that helps a person to overcome their bad habits [16]. There are many people who can naturally overcome the bad habits in their lives. They help others to overcome their bad habits by sharing their experience and guiding themselves. This process helps to better the society and also helps to become a developed person. Neuro linguistics programs have some loopholes also that this process cannot be used in many specific situations. This process is the best way to change the bad habits into the healthy habits.

### **DISCUSSION**

The study has progressed with considerable efficiency through methodical execution of data collection and analysis on the basis of secondary research features. The tasks of data analysis and result generation through secondary research data collection and thematic data analysis have assisted the researcher to generate insightful findings relevant to various aspects of neurolinguistics such as dissociation impacts, significance of reframing and anchoring practice. The findings thus generated have been discussed in brief yet precise manner in the following lines of this part of the study.

Human emotions are found to administer a determining role while shaping the behavioural pattern as well as the social identity of a person. Emotions such as anger, love, hatred, fear and such are found to be capable of triggering different reactions on part of a person. Study of these changes in terms of emotions and identification of emotions influencing behavioural changes come under the scope of dissociation [17]. Neurolinguistics focus a lot on the aspect of human emotions and dissociation is held in high regard within the techniques of neurolinguistics as the effect of emotions on the brain subsequent behavioural changes can be analysed better through this technical approach. Identification of specific emotions can help generation of certain practices that shall be capable of inducing behavioural changes in individuals and thus leading them towards higher degrees of stability in personal as well as professional lives

[18]. Daily practices are found to be of utmost significance while analysing the possible ways to alter and develop the capacity of human brain to control detrimental emotions such as anger and sorrow, and simultaneously utilise the positive emotions to reframe the entire behavioural approach of the person, thus altering the social identity of the individual in a positive and progressive direction.

Positivity in life is also found to be open for betterment by incorporating notions of reframing according to neurolinguistic studies. Data analysis processes have resulted in the generation of the finding that various emotional approaches can be reframed and lead towards a positive direction through inducing the positive ones among the various emotions associated with the same symptom. The analysis of behavioural patterns in athletes has led to better understanding of the aspect mentioned here. Analysis has shown that feelings and emotions such as fear, nervousness and anxiety are often influencing athletes while performing in front of a gallery full of people, which is also expressed by physical symptoms such as shortness of breathing and profuse sweating. However, reframing the emotions of fear and anxiety by moulding the same into excitement and eagerness to perform has often been noticed on part of the same athletes [19]. Such an approach towards life in general and specifically in case of negative experiences is found to be capable of helping a person cultivate general positivity and thus improve their behavioural patterns. Reframing has gained considerable prominence in the analysis process concerned with neurolinguistics in recent times especially while studying brain functioning in control of emotional outbursts.

The aspect of anchoring was also studied in depth while analysing the latest techniques involved in neurolinguistics. The process of gaining experience through life events and utilisation of the experiential learning while encountering similar emotional, mental and physical scenarios is termed as anchoring, which is found to be a significant aspect in this study. Analysis has revealed that generation of quick responses in different situations in a positive and constructive manner can be ensured through the process of anchoring. Neurolinguistics have evolved and the recent techniques such as anchoring which relies on intense emotions and utilisation of previously gained experiential learning are found to be trending in this regard.

### **CONCLUSION**

Neuro linguistic programs are very necessary for modern life and that improves the behaviours of a person. Understanding in a conversation is very important for developing the bonding between two people. The Neuro linguistic program are improved with daily practices and maintaining the daily routines. Practices always help to increase the skill of a person. The Neuro linguistic program helps to understand keywords that can make an impact on daily life. Daily life is very important to progress in professional life. Mental stability is very important for

professional life and that improves the communicational skill of an individual. Mental awareness generates instant problem solving ideas to a person that can hugely make an impact on the professional life of a person. The steps of Neuro linguistic programs help to lead a healthy life and that creates a healthy mental health. Emotions, anger and feelings have a huge impact on a persons' mental health and that affects the persons' behavioural changes. Neuro linguistic program is a process that gives the knowledge to control the emotions and deal with the anger and feelings. Neuro linguistic programs are compared to cognitive behavioural therapy in different regions. The Neuro linguistic program helps in the medical fields as the doctors give advice to the patients to practice the steps of the Neuro linguistic program to improve their mental health. Neuro linguistic programs help in language processing but cannot interfere in natural language processing. Swish process, Anchor and rabbit building helps to improve the Neuro linguistic program and that causes the behavioural changes in a personality. The experienced persons share their experience with others and help the persons who get difficulties to solve their problems in life. The Neuro linguistic program shares thoughts about the positiveness in any difficult situation that helps a person to get out of it. Identifying the emotional changes and the keywords that can make impacts on the brain are important to analyse for development in life. Communication with different peoples helps to gather a lot of information and experience that can help to create instant solutions to difficulties in the personal and professional life also. Neuro linguistic programs enhance those skills of an individual to lead a better and healthy life.

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