

## “NLP Vs NLP: A Simple Guide”

### **Introduction:**

Have you ever wondered how machines appear to become more fluent every day or how your phone can comprehend your mean texts? That’s Because of Natural Language Processing!

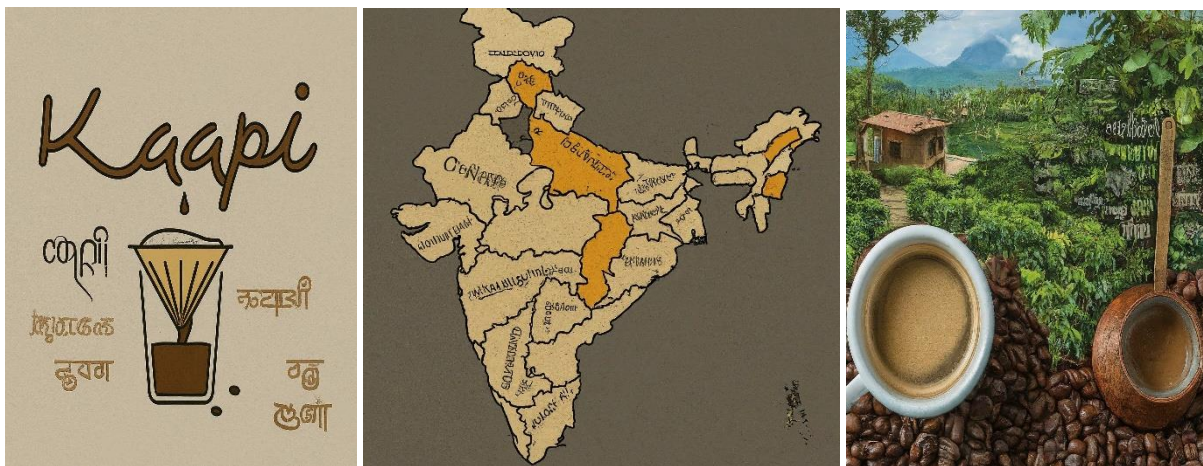
The fascinating field of Natural Language Processing (NLP), where computers are taught to understand the nuances of human language, holds the key to the solution. However, there is an additional NLP available that explores the working of the human psyche. Through linguistic patterns and strategies, Neuro-Linguistic Programming (NLP) claims to be able to uncover your inner potential. Hence which NLP is best for you? Get ready, language lovers as we delve deeper into what these two NLPs Actually are and what they do and what is the origin or idea behind each of these languages.



## **Natural Language Processing:**

First let's start with this NLP which is Natural Language Processing (NLP) by envisioning it as a language-savvy robot capable of comprehending and responding to diverse human languages, dialects, and even slang. Imagine this scenario: in South India, where people from different regions pronounce the word "Coffee" in various ways. A Chennai resident might say "kaffee," someone from Madurai might say "coppi," and a person from Kerala might pronounce it as "Kooffee." Despite these differences, as humans, we effortlessly understand that all these variations refer to the same thing: "Coffee."

The reason behind this seamless interpretation lies within NLP. It's as if we've instinctively programmed ourselves to recognize these variations as equivalent, much like programming a computer in NLP. This innate ability to understand the underlying meaning despite linguistic diversity showcases the power and necessity of NLP in bridging the gap between human communication and machine understanding. NLP enables computers to decode and interpret the nuances of language, making it a crucial tool in various applications, from translation to sentiment analysis, and beyond.



## **Neuro Lingusitic Programming:**

Now Moving to this NLP (Neuro Linguistic Programming), Think of a Scenario where your are trying to quit Smoking and Immediately you are faced with cravings and triggers that makes it challenging. NLP helps you to analyse these cravings and triggers by delving into the complex connection between your thoughts (neuro) , language (linguistic) and behaviours (programming ). You begin by identifying the specific thought patterns and language you use around smoking. This might involve recognizing phrases like "I need a cigarette to relax" or "I can't handle stress without smoking."

With NLP, you learn to reframe these thoughts and language patterns. For instance, instead of seeing smoking as a source of relaxation or stress relief, you can reframe it as a harmful habit that damages your health and well-being. By changing the way you think and talk about smoking, you begin to weaken its hold over you.

Visualization is another powerful tool offered by NLP. You might visualize yourself enjoying a healthy, smoke-free life, engaging in activities you love without the need for cigarettes. This mental imagery helps reinforce your commitment to quitting and strengthens your resolve to resist cravings.

Furthermore, NLP teaches techniques like anchoring, where you associate positive emotions or sensations with the decision not to smoke. For example, you might create a mental anchor by recalling a moment when you felt proud and accomplished for resisting a craving. By anchoring these positive feelings to your decision to quit smoking, you strengthen your motivation and resilience.



## **Definitions:**

### *In Technical words,*

- Natural Language Processing (NLP) is an interdisciplinary field that bridges computer science, linguistics, and artificial intelligence. Its primary goal is to enable computers to understand, manipulate, and generate human language in a meaningful way.
- Neuro-Linguistic Programming (NLP) is a controversial approach to communication, personal development, and psychotherapy. It posits a connection between neurological processes, language, and learned behavioral patterns, suggesting these can be altered to achieve specific goals.

### *In Simple words,*

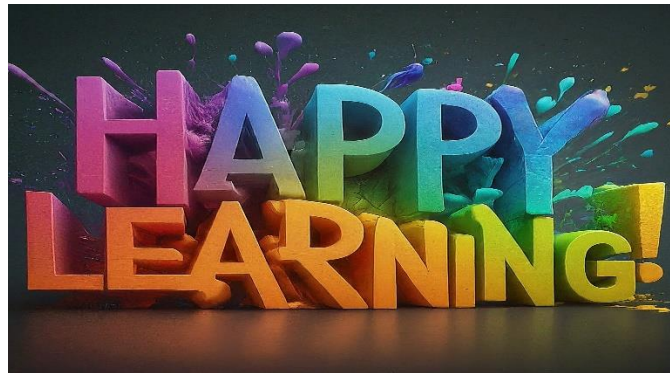
- Natural Language Processing (NLP) is a field of study and technology that focuses on enabling computers to understand, interpret, and generate human language in a way that's similar to how people communicate.
- Neuro-Linguistic Programming (NLP) is a method for understanding and influencing human behaviour through the exploration of language, thought patterns, and neurological processes.

## **Key Differences:**

Neuro-Linguistic Programming (NLP)	Natural Language Processing (NLP)
Understands and influences human behaviour and thought patterns.	Enables computers to understand and generate human language.
Enhances personal growth and communication skills.	Processes and analyses of large volumes of textual data for usage.
Uses reframing, goal setting, and self-awareness exercises.	Applies machine learning and statistical methods to the models.
Used in therapy, coaching, and personal development.	Utilized in chatbots, sentiment analysis, and translation.

## **Conclusion:**

In Conclusion, both Natural Language Processing (NLP) and Neuro-Linguistic Programming (NLP) serve valuable purposes, and you don't need to be a tech expert to appreciate their benefits. While one NLP helps people better understand and improve human communication and behaviour, other NLP equips computers to understand and process human language. Together, they make a big difference in how we communicate and solve problems in our everyday lives, even if we're not tech-savvy.



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