

## Ericksonian Hypnotic Language Patterns

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### Reverse Meta Model patterns, continued.

In NLP the "meta model" is Bandler and Grinder's name for the wellformedness conditions of the surface structure of the English language\*. (\*See their book "The Structure of Magic.") In Hypnosis we sometimes chose to deliberately violate these wellformedness conditions ("reversing the meta model") in order to be purposefully and artfully vague.

#### Pattern 33. Modal Operators of Necessity/ Possibility

Should / shouldn't / must / mustn't / can / can't / have to / etc.

Example:

"You *don't have* to listen to every word that I say, you *can* just listen to the sound of my voice as you drift down deeply into trance."

Here's an example from Milton, after his client said he didn't want to come back from a trance: "No, you *don't want* to come back from a trance, you *don't want* a charming movie to end, you *don't want* a flower to wilt, but **you do like reality!**"

#### 33.A. Chaining Modal Operators

Example:

"I know you think you *can't* do it on your own, but when you feel you *can't*, you *must* try, and if you try you'll find that you *can* find new possibilities opening up to you that you *will* be able to take advantage of."

You *could* **practice your language skills** and **have fun**, or your *might* **practice your language skills** and **feel confident** that you're improving rapidly. Either way, you must admit, practice makes perfecter, don't it?

See you next week.