

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 39. Comparative Deletion

A comparative deletion is when it remains unspecified what things are being compared and/or how that comparison is being evaluated.

Examples:

"It's better."

"It's better to go into trance with your feet on the floor."

"This is the best one yet!"

"The best communicators have studied Ericksonian language patterns."

See you next week.

(Have fun. It's the best.)

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