

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 40. Simple Deletion

A simple deletion is when entire noun phrases are left out completely. This is different from unspecified nouns because in the latter case the sentence has an object, it's just unspecified. Here it's missing entirely.

Examples:

"I know you are wondering." (about what? - The listener must fill in the blank.)

"And as she drifted into trance she listened carefully."

See you next week.

Have fun!

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