

It's all about you
Violation
Restriction
Selectional

“Someone else is speaking”
Who could it be?”

You know, a
Distorted Referential Index
is NOT distorted
It's an instruction,
a normalising statement
"You're like me so I must be OK!"

BUT is not
a negation!

Sentence frag...
...ments

Like a needle jumping
on a record player
What **made** it jump?
Find out!



"All but one of us loved the workshop!"
BUT is an EXCEPTION

TRY is not
a negation!
Imagine opening a door
Imagine trying to open a door
The difference?
Try is not a failure - it's the middle!

SO YOU THINK
YOU KNOW
Meta Model?

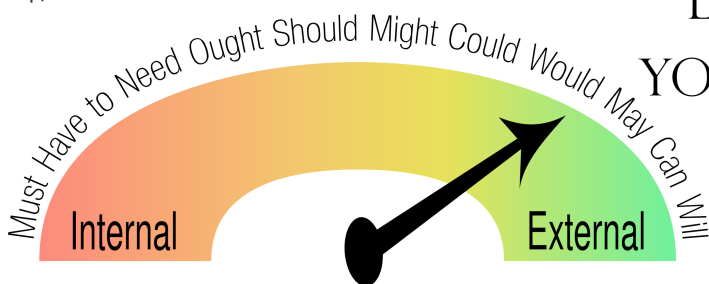
PASSIVE VERBS
YOU CAN'T BE BOTH
SUBJECT AND OBJECT
AT THE SAME TIME

Lost Referential Index
Simple Deletion
Nothing got 'lost'
It was deliberately hidden!

YOU CAN'T
TICKLE CARRY
VALUE
LOVE PUSH
DRIVE
YOURSELF

A Nominalisation
is not a moment
FROZEN

in time
It's a moment
stretched
out of time
to become an
immutable
THING

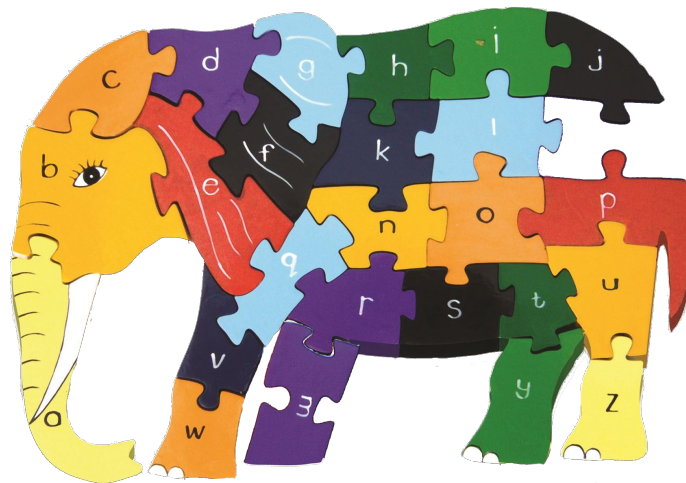


Modal Operators are rules for the future performance of an action

Meta Model Principles

The Meta Model is the abstract structure of language, a model of various linguistic models. Once you know what's missing or out of place, you know what information you need in order to complete the puzzle.

For language to represent actions in the sensory world, every correctly formed English statement must contain a Subject, a Verb and an Object in that order (SVO) – someone or something, doing something to someone or something. The cat sat on the mat, and so on. If we know this holds true for any English statement (or any other language for that matter, but sometimes in a SOV word order) then you will instantly know when something is missing, or is in the wrong place, for example if the cat sat, or if the sat mat on the cat. Objects such as cats and mats cannot be interchanged with actions such as sitting. However, language is so flexible that we can move, swap, distort and delete almost anything, and the listener will still make sense of it. This is because, no matter how precise and specific our language is, there are always gaps and we rely on the listener's knowledge of our language to fill in those gaps. I rely on you knowing what a cat and a mat are, and for you to be able to picture that in your mind, just like you're doing right now.



We therefore use Meta Model in a natural, conversational way to recover the information that's been moved, hidden or distorted so that we can help our clients to recreate an experience of a physical world which actually makes sense and which they can influence in order to achieve they want in their lives.

You'll often find Meta Model patterns grouped together in a statement, for example with a nominalisation you will often see or hear dissociations, distorted referential indices and modal operators of necessity.

This is why, during Master Practitioner training, my advice is to step back and look at the whole statement before diving into the detailed analysis of each word.

Here's an example, an email enquiry that I received. If you look for individual words to analyse, you won't get far. Instead, step back and look at the overall patterns.

“I'll try to condense this as much as poss. I move away from conflict automatically and have hundred of rules about what not to do or say that makes life stressful at times. I've read loads of books on NLP, Tony Robbins etc and have a vague idea of the dynamics I'm living in though I feel like I'm going round in circles trying to figure it out on my own. A lot of nlp self help books seem a bit hokey and I like your no nonsense real world angle on change. Any advice would be welcome as I feel like looking for the answers is taking over my life.”

Isn't it interesting that the speaker condenses the word 'possible' into 'poss' but nothing else seems condensed? What sense do you get from the whole statement? Does it seem confusing? And is that actually what the speaker is trying to communicate?

Notice the conflicts between internal and external information sources – the cause of the confusion.

The most important thing to remember when using Meta Model is to relax, step back and notice what jumps out as you, what seems odd, what doesn't follow logically. Take in the whole picture before you start to dig around in the details.

Visit www.nenlp.com for NLP Trainer, Master Practitioner and Practitioner Training
And remember to enter my competition to win a place on upcoming training!