

You Can't, You Should, You Have to! Modal Operators of Necessity & Possibility

You can't! You should! You have to! Whether it is from those people in our lives who think they know what is best or from the annoying voices inside our own heads OR it's us talking to others... Can't we? Should we really? Do we really have to? For years I was labeled with having an authority problem, because I did not believe I really had to do things according to such dictates (some people would still say I do!). Through the precise modeling of NLP, we have identified many language patterns... in the Structure of Magic; Richard Bandler identifies at least 13, two of which **are modal operators of possibility and necessity**. The patterns themselves reveal the speaker's world about what they think is possible and necessary *in their reality*...

These are limitations in our language revealing the limitations in our thinking!

Think about these sentences:

- You can't go out with your friends on Friday night
- It must be finished by Friday.
- I can't improve my situation.
- I have to make this career move now.
- You have to exercise?

SO, WHO SAYS SO?

A few other responses could be:

- What prevents you from going out Friday night?
- What would happen if it didn't get done by Friday?
- What stops you from improving your situation?
- What would happen if you don't?

These are referred to "Modal Operators of Necessity or Possibility". They have inherent in their structure the belief that certain things are not possible or that certain things are necessary.

AS IF WE DON'T HAVE THE CONSCIOUS CHOICES WE DO HAVE!

How often do you hear yourself, a friend, co-worker, prospect or clients include any of these words in your conversations:

Should, Must, Can't, Have to, Need to...

Now think about it...and ask your self...according to who?

When someone talks about how they must do something, should do something or can't do something, look for the underlying belief... the limiting belief that often eliminates choice in the speakers mind.

If every time you thought you can't, you could;
If every time you thought you had to, you got to choose if you wanted to
If every time you thought you must, you decided if you wanted to...

Imagine the choices that become available to you and those you are dealing with!!!

The opportunity to learn more about how our language reveals our limiting beliefs will be coming up in [September](#), spending a full day on language patterns alone!

I invite you to listen closely to the language of others in your life (they are talking to you, you know!)... listen for the have to's, the cant's, the musts...and then ask yourself...

What if they could? What if they didn't have to? What if?

I challenge you to challenge your own "cant's, shoulds' and have to's"...to challenge what you once thought was possible and creating more choice, more possibility and more freedom for YOU!

For more information about NLP language patterns or to set up a time to examine your own language patterns please contact me at 847-566-3122 or write jim@trulyhumancoaching.com today!