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# Mind Reading - More Meta Model Language Violations

(June 05) “You should know how I don’t like chocolate ice cream!” “I know what he is thinking.” “She was late so I know she doesn’t care about me.” “He is ignoring me, I know he is mad at me.”

How many times during your everyday life do you think you know what is going on in someone else’s head? We truly believe we “know” what another person is thinking or feeling? And then, as a result of such ‘beliefs’, we then make decisions for ourselves, for how we will act or not act in the relationship, all determined by some idea or notion of what another person might be thinking!

Today, I will discuss mind reading followed by a brief description of what meta-model violations are:

## ***\*Some Technical Stuff\****

Our communication is determined by how we perceive the world, through our physical limitations as well as the mental constructs that exist and those that are co-created within us. In order to operate in the world, we all delete, distort and generalize information. The Meta-Model is a model of communication and language outlined by Richard Bandler and John Grinder in the mid 70’s in their book: The Structure of Magic based on our understanding of how we humans operate and models of transformational grammar. The meta model in essence is a model of how we use language to represent our experience. Violations of this model violate what has been referred to as ‘well-formedness’ in language.

## ***\*OK.. ENOUGH OF THE TECHNICAL TALK!\****

During my initial coaching discovery session, I discuss mind reading with my clients and make the commitment to avoid or ‘not’ mind read as part of our agreement.

While working with clients, the discussion of mind reading comes up, often times in reference to how clients describe their communication situations with significant others in their lives. Statements such as: “he won’t understand” “he will get upset” “she doesn’t think such things are important”, “they are uncomfortable when I do X”... When we discuss these situations further, what shows up is that: a) the notion or idea of what the other person might be thinking or feeling has never been confirmed; b) my client has made decisions based on this unconfirmed belief; c) the decision made has somehow limited what my client has believed to be possible, either in the relationship or in their own life; and d) when the unconfirmed belief is brought out into the open, when the thoughts and feelings are brought out into the open, challenged or simply discussed, the

we find out that the belief is false OR the communication results in more openness in the relationship.

In the NLP practitioner training we spend days (at least 3) on language patterns alone! Playing with language, learning language patterns, recognizing the patterns limiting patterns in our own thinking, becoming aware of the how others limit their experience, hypnotic language patterns, patterns of influence AND how to effectively respond, deal with and change the limiting patterns as well as how to effectively use them in our own relationships and communication situations.

How are you acting as if you can 'read minds'? Would you like to challenge some of these limiting beliefs? Would you like to open lines of communication in a relationship you are in? If so, please contact me at [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) today!