

# **Milton Model Language Patterns Zebu Cards**

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**For Course Dates and Info about New Code NLP  
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A I'm wondering if...

I'm wondering if you will stop smoking this afternoon. I'm wondering if that comfortable feeling in your feet will spread up into the rest of your body. I'm wondering if you can pretend you've never smoked in your life, and imagine what it is like to go through a typical day. I never told you to do any thing, I was just wondering?

2 Maybe you'll \_\_\_\_\_.

Maybe you'll direct some unusual embedded commands to your friends while you play The Language Pattern Game. Maybe you'll dream of new ways to say things tonight. Maybe you'll spot the embedded commands in these sentences.

3 You probably already know...

You probably already know many ways to feel good without smoking. And what do you do in response to this statement? You might try to think of the things that I say you know, and of course you are likely to find them if you think long enough! If I wanted you to really search for those answers I could say: On a deep level, you probably already know how useful indirect communication can be.

4 Don't \_\_\_\_\_ too quickly.

This phrase has the implication that what I suggest will definitely happen anyway, and all I really care about is when it happens. And if you are resisting me, your internal response may well be: "Oh yeah, who says I can't do this quickly! I'll show you!" Isn't that great? Don't stop smoking too quickly. Don't go into a deep trance too quickly, just relax and listen to my voice for a while.

5 Can you imagine...?

You probably already know that people are more likely to do what they are familiar with, and that imagining something is a great way to create familiarity. Can you imagine what you would do on an airplane if you really enjoyed flying? Can you imagine all the situations where you would use this language pattern if you practiced it and really knew it?

6 One can, <name>, \_\_\_\_\_.

By adding the person's name at the beginning of the embedded command, you will make it much more powerful. One can, Eve, feel good for no reason at all. One can, Greta, enjoy the experience of hypnosis without knowing exactly what is going to happen. One can, Joe, let the eyes close just because it feels good. Who can? ? One can. We're not talking about you, Joe.

7 You might notice the feelings ... as you ...

You might notice the feelings directs attention to internal body sensations, which is good for hypnotic inductions. As you provides another opportunity for an indirect suggestion. You might notice the feelings in your feet, as you relax them completely. You might notice the feelings of comfort as you begin to relax you whole body.

8 A person might, <name>, \_\_\_\_\_.

Say the name close to the second half of the sentence, and it becomes a personal embedded command. A person might, Sarah, take the lessons from that situation and then let go of the old emotions. A person might, Diana, find some good reasons that make dating compelling.

9 One could \_\_\_\_\_,  
because ...

Because is the magic word, because it lends emotional credibility to what ever goes before it. One could use the word ' because' after important suggestions, because you enjoy trying new things. One could let this learning go to a very deep place inside, because you may not be completely aware of how important it is yet.

10 You can \_\_\_\_\_,  
because ...

Here's that becauseword again. You can just use it and discover how powerful it is, because you can pretty much say anything you want after it. You can believe it works, because it is such a nice way to keep talking and keep the suggestions coming. You can even use it in everyday conversations, because people love to hear reasons for things.

J You can \_\_\_\_\_, can you not?

Can you not is such a great way to end a statement. It turns it into a question which is less threatening, and it's so confusing to try to disagree with. You can appreciate my point, can you not? You can relax into that chair, can you not? You can allow new answers to come to you, can you not?

Q I don't know if \_\_\_\_\_.

I don't know if you're going to like this game better than any other learning game you've ever played. I don't know what things in particular you will enjoy the most. I really don't know if this experience is going to change your life. Don't ask me, I don't know.

**K** You might notice how good . . .  
. feels, when you . . .

The hidden assumption is that what I'm suggesting feels good, and the when you part further assumes that you are going to do it! You might notice how good your eyes feel when you close them and they stay closed. You might notice how good your arms feel when you relax them as they rest on the chair.

**A** Will you . . ., or . . ., or . . .

This is the form of infinite choice, and I'll cover all the possibilities so you can't help but do what I say. And if you get into the habit of doing what I say, sometime I may begin to actually lead you. Will your hand begin to lift up automatically, or will it relax just where it is, or will you notice certain sensations in your hand that you can enjoy.

**2** I wouldn't tell you to \_\_\_\_\_,  
because . . .

I wouldn't tell you (here I am ~~telling you anyway~~), and you can't disagree with me, because \_\_\_\_\_

I said up front I wouldn't tell you. And I use the magic word because to make another comment, \_\_\_\_\_ it because

lends authority to what I just said, and it carries attention away from the embedded command before you consciously recognize it.

**3** How would it feel if you . . .  
?

In order to answer this question, you have to imagine what I propose, which is the whole purpose for asking the question. How would it feel if you felt comfortable around dogs, and you could just go up and pet one. How would it feel if you had already made this change?

4 I could tell you that . . . but . . .

I could tell you that ?, but I won't, so you have no reason to resist or take offense at what ever I just didn't tell you. I could tell you that this experience will give you more confidence and self-assurance, but I would rather let you discover that for yourself. I could tell you this is a great way to avoid resistance, but you probably understand that already.

5 Sooner or later . . .

Sooner or later you'll resolve this present difficulty, and begin to enjoy the simple things in life again. Sooner or later, you'll want to close your eyes. Sooner or later, you're going to be able to look back on this and laugh about it. Jeepers, just about everything happens sooner or later.

6 Sometime . . .

Sometime, somewhere, there will be a person in a situation very much like yours who will take a deep breath and just let it go. Sometime, you're going to feel better about this. Sometime you are going to understand this from a viewpoint where it all makes sense. Sometime you might indirectly get a person to imagine a time when they have the resources you want them to feel.

7 Eventually . . .

Eventually everything comes to pass. Eventually what I want to direct your attention to will probably come to pass as well. Eventually you will develop a deep understanding of these difficult events in your life, and you will find some hidden value in them. Eventually, indirect language patterns will become second nature to you. Imagine that.

8 Try to resist ?

Try to resist implies that you will try, but you won't be able to do it. You can use your voice inflection to strengthen this implication. Try to resist the sensation that your hands are becoming so relaxed that they just won't move. Try to resist, a deepening sensation of relaxation as you breath.

9 You might not have noticed ?

You might not have noticed how often you direct other people's awareness while you are talking to them. Directing awareness to various parts of the body generally creates relaxation and confusion, both of induce hypnosis. You might not have noticed the comfortable sensations of your socks on your feet. You might not have noticed the way the chair supports you ? beneath your legs ? beneath your arms ? behind your shoulders.

10 Some people ?

Who are those some people \_\_\_\_\_ ?  
The first thing a person does is to check inside to see if they are one of those people, so give them something you want them to check for. Some people get feelings of comfort in this office and want to go into trance right away. Some people have hidden strengths that they discover can help them in situations very much like yours.

J Can you really enjoy ??

Can you really enjoy having your eyes get heavy and start to shut? Can you really enjoy going deeper and deeper into feelings of comfort? Can you really enjoy taking a deep breath and relaxing deeply? The question isn't if you can do it, or if you will do it, the question is how much will you enjoy doing it. Of course, the only way to answer the question is to do it.

Q What happens when you \_\_\_\_\_?

In order to answer this question you must imagine what I am suggesting, which is the reason I ask. Remember: in the area of emotions and feelings, people learn just as well by vividly imagining experiences as by physically having them. What happens when you just decide you aren't going to let him bother you anymore?

K You might notice the sensations in ? while you ?

You can induce hypnosis by directing attention to various parts of the body. You might notice the sensations of your shoes on your feet, the sensations of the chair beneath you, the feeling of the card in your hand. You might notice the sensations in your hands while you relax and pretend that you can't move them.

A One doesn't have to , <name>, \_\_\_\_\_.

One doesn't really have to, does one. It seems so formal and detached and impersonal, (your name here), or does it? One doesn't have to, Betty, close your eyes as we begin. One doesn't have to, Jose, relax deeper and deeper with each breath.

2 People don't have to, <name>, \_\_\_\_\_.

People don't have to, but they do anyway, doesn't it seem like that? And when I use your name, it makes it so personal. People don't have to respond favorably when you use their names, but you know (your name here), they sure do. People don't have to, Marilyn, listen carefully to everything I say.

3 You may not know if \_\_\_\_\_.

When I wonder whether you know something, I presuppose that that something exists and is true. You may not know if this is going to be fun. You may not know if you're going to enjoy this SO much that you'll have to write me and tell me all about it.

4 It's easy to \_\_\_\_\_, is it not?

Is it not is another one of those endings that softens a statement into a question. And it's a bit confusing to disagree with, is it not? It's easy to go into trance, is it not? It's easy to discover something special deep inside, is it not? And if I say that something is easy, you probably try doing it to see if I'm right.

5 A person may not know if \_\_\_\_\_.

For added fun a person can change the subject of the sentence halfway through to you, it's mildly confusing, and it underlines that you aren't really talking about a person in the abstract anyway. A person may not know if you 're going to have a meaningful experience A person may not know if your arm will slowly raise up automatically.

6 You are able to \_\_\_\_\_.

You are able to enjoy being at your work, because you have a great sense of humor. You are able to relax your hands completely. It's another truism, I'm just observing the obvious. You are able to re-read this to make sure you get it.

7 <fact>, <fact>, <fact>, and \_\_\_\_\_.

When you start off saying a string of facts, the other person internally is thinking yes, yes, yes? yes, and they get into the habit of agreeing with you, then you hit them with your suggestion. You've made yourself comfortable in that chair, I'm going to talk for a while, you can listen to the words I say, and drift off into a deep state of relaxation.

8 A person is able to \_\_\_\_\_.

What do you do when I comment on what other people are able to do? You probably check to see if you can do it too. A person is able to eat less food, and enjoy it even more, when you savor each mouthful of food and chew it slowly.

9 ? once told me, "\_\_\_\_\_"

Quote someone else and put your message in the quote. The nice thing is that they said it, you didn't. My babysitter once told me, "Close your eyes and go to sleep or I'll whack you in the head!"

10 ? said, "\_\_\_\_\_"

Quote somebody else and put your message in the quote. Through the years again and again my students have said, "Quotes are one of the most fun ways to deliver indirect messages." In fact, one of them once said, "If you can't use quotes to deliver a message, you must be brain dead!" But that was him, I wouldn't say such a thing.

J If you \_\_\_\_\_, then ?

This is a cause and effect statement, but it doesn't have to make too much sense. In order to verify that the then part is true, the person has to do the if part, which is what you want. If you imagine yourself in a favorite place, then you will feel feelings of comfort in your body. If you rest your hands on the chair like this, then you'll be ready to begin.

Q When you \_\_\_\_\_, then ?

I say when X, then Y, and you have to do X and then search for Y in order to understand what I'm saying. Pretty tricky huh? When you get in touch with that loving and forgiving part of yourself, then an opportunity will open up for a deep transformation. Check it out.

K Will you \_\_\_\_\_ now, or will you \_\_\_\_\_?

Will you do it now, or will you do it later. It sounds like you're getting lots of choices. Will you close your eyes and relax now, or will you try to keep your eyes open a little longer while other parts of your body relax first?

A You may or may not \_\_\_\_\_.

You may or may not notice the comfortable sensations in your hands. So you think about the comfortable sensations \_\_\_\_\_ in your hands, and if you feel them you think, "Of course I notice them." If you don't feel them you think, "Maybe I'm just not noticing them," so you think about it a little more and pretty soon you're feeling comfortable sensations that I said were there all along.

2 I'm wondering if you'll \_\_\_\_\_,  
? or not.

This or not ending is the  
greatest way to dodge  
resistance. If you see the other  
person smiling and nodding  
their head, then don't bother  
to add the or not, who needs  
it? I'm wondering if you'll use  
this language pattern  
constantly,  
(pause, what, no enthusiastic  
agreement?) ? or not.

3 People can, you know, \_\_\_\_\_.

I'm just talking about what  
other people can do, I'm not  
talking about you! You know,  
that you know clause, it  
seems to imply in an  
ambiguous fashion that you  
knew this already. People  
can, you know, find ways to  
make these changes easily  
and  
comfortably.

4 Maybe you haven't ?, yet.

Maybe you haven't, maybe  
you have, who knows, I 'm  
just making an observation,  
but when that yet comes  
along, there's a strong  
implication that sooner or  
later you're going to! Maybe  
you haven't decided to buy  
copies of The Language  
Pattern  
Game for all of your friends ?  
yet. Who knows? ? There 's  
still time ? It's just an  
observation.

5 One might, you know, \_\_\_\_\_.

One might, and then again  
one might not, who knows?  
? you know!  
One might, you , just relax and  
let the learnings take place on  
a  
deep level. One might, you  
know, understand how to use  
this at just the right times.

6 You might want to \_\_\_\_\_, ?  
now.

This now is the trickiest part. If you slur it together with the rest of the sentence it just adds an imperative quality to the embedded command. If you pause and then say it, it becomes a powerful command all on its own. You might want to close your eyes now. You might want to let that feeling of comfort move up your arm, ? now.

7 You could \_\_\_\_\_.

You could, of course you could, you have free will. You could sleep on it tonight, and call me in the morning. You could let this process of transformation take place without even knowing how it was happening. Huh? You could just let go and relax. OK?  
OK.

8 You might \_\_\_\_\_.

You might, and what ever you might do might be even more likely after having it suggested like this. You might want to make this change more than anything. You might discover that your eyes don't want to open.

9 A person could, <name>, \_\_\_\_\_.

A person could, Bob, go to work tomorrow with a new outlook. A person could, Susie, develop a sense of perspective on this situation. A person could, (your name here), write a big check to that fun loving The Language Pattern Game team. Heck, it's a free world!

10 You may \_\_\_\_\_.

You may find this experience very valuable. You may get confused about what used to bother you. You may want to relax. You may like what you see here. You may, go ahead, I give you permission.

J One may, <name>, \_\_\_\_\_.

One may, Sara, feel comfortable imagining standing on that balcony. One may, Jerry, forgive someone even if you don't think you want to. One may, Jane, be excused from the room AFTER you raise your hand.

Q A person may \_\_\_\_\_, because ?

A person may get permission to do what I'm suggesting, because I'm giving it to them. Who said my because has to make any logical sense? And besides, the because clause is an opportunity for another suggestion. A person may just stop drinking, because you can remember all of your reasons for not drinking each time you feel an urge to take a drink.

K You don't have to \_\_\_\_\_.

This is called a truism. On the surface, the statement is true, and can't be argued with. Beneath the surface lies an embedded command. You don't have to understand how this works, in order to use it. You don't have to help me with the dishes. Really.

Choose any other player (or yourself, if you are playing solitaire). The player must create a string of expressions using all of the language patterns on the last five cards played. The imagery must be positive.

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