

Milton Patterns

**1. Cause - Effect**

"Because...", "Makes.....", "if.....then.....", "as.....then....."

The implication that one thing causes another.

**Example:** *"Because you are reading this, you can enjoy becoming more relaxed..."*

**2. Complex Equivalence**

"That means....."

One thing actually means another.

**Example:** *"You are relaxing - that means you can go even deeper...."*

**3. Mind Reading**

"I know that you're....."

Claiming to know what another person is thinking

**Example:** *"I know that you're learning new things....."*

**4. Lost Performative**

*"It's a good thing....."*

**Example:** *"And it's a good thing you're learning things right now"*

**5. Modal Operators-**

"Can....", "Will.....", "Must.....", "Have to....", "Should....."

Words that imply what is necessary / possible

**Example:** *"and you can allow that to happen"*

**6. Generalisations**

Words that include everything/everyone, which may not be true.

**Example:** *"You have all the knowledge you need"*

**7. Nominalisations**

Something you describe which can't be put into a physical container.

**Example:** *"You will have a new understanding from this experience"*

**8. Unspecified Verb**

A process left unfinished

**Example:** *"You can learn....."*

**9. Lack of Referential Index**

A generalised subject inside a specific sentence

**Example:** *"One can....."*

**10. Comparative deletions**

"More", "Less", "better", "greater"

A comparison with a missing compared object

**Example:** *"You can learn even more....."*

### 11. Tag Question

"Haven't you?","Isn't it?","Don't you?","Can't you?"

A question added to the end of a phrase or sentence

**Example:** "*You can learn even more, Can't you?*"

### 12. Double Bind

A statement which give the illusion of choice

**Example:** "*Would you like to go into a trance now or in 5 minutes*"

### 13. Stacking realities

Used to overload the conscious mind

**Example:** " My friend John new a man called Bob who used to have a cousin that new how to do this, and his partner Jane was really proficient in this skill"...."

### 14. Phonological Ambiguity

A phrase that contains words which may have more than one meaning

**Example:** "*Here/Hear, what I'm saying*"

### 15. Punctuational Ambiguity

A sentence with no end

**Example:** "*Enjoy this new experience, ....what it's like to relax*"

### 16. Syntactic Ambiguity

**Example:** "*Hypnotising hypnotists can be tricky*"

### 17. Truisms (Time and Sensation)

Examples: "*Most people enjoy the warmth of a sunny day*"

*"Sooner or later, you will relax"*

### 18. Compound suggestions

The "Yes" set, where 2 or 3 statements are fact and the person agrees to the last suggestion which is the desired outcome.

**Example:** "*You're sitting there, wearing blue jeans, it's very quiet and you can go into a trance right now*"

### Cartesian Co-ordinate statements (Not Not patterns)

Statements designed to confuse the conscious mind.

**Example:** "*It's not only about not going into a trance , now, isn't it?*"

### Covering all bases!

A pattern that will cover all and any responses from your subject.

**Example:**

*"Soon you may find yourself...really understanding this. An doing so means that will happen quickly, or perhaps take a little longer to fully understand, and you may not think you're understanding anything at all. Let that be sign that you're learning at the deepest unconscious level"*