

10 META-MODEL TECHNIQUES TO IMPROVE COMMUNICATION

Unlock the power of clear and precise communication by mastering the NLP Meta-Model. This infographic provides practical examples to show you how you can enhance understanding, resolve conflicts and foster a more collaborative workplace.

Use the Meta-Model techniques when you want to uncover, recover or clarify vague or distorted information. It's a set of language tools to enhance communication and build psychological safety.



1. Complex Equivalence: Challenging Assumptions

Original Statement - "The team needs improvement."

Meta-Model Response: "What specific areas or skills do you believe the team needs improvement in?"

Original Statement - "She doesn't listen to me, she doesn't value my opinion."

Meta-Model Response: "Have you ever not listened to someone who's opinion you value?"



3. Generalisation: Seeking Specifics

Original Statement - "She never appreciates my efforts."

Meta-Model Response: "What specific actions or behaviours make you feel that she doesn't appreciate your efforts?"

2. Deletion: Uncovering Missing Information



Original Statement - "People always ignore my suggestions."

Meta-Model Response: "Can you recall a specific situation where your suggestion was ignored?"



5. Mind Reading: Encouraging Open Communication

Original Statement - "It's wrong to question the decisions made by the management."

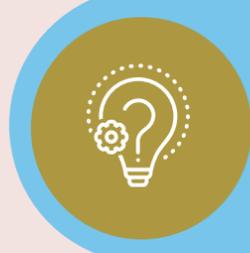
Meta-Model Response: "According to whom is it wrong to question the management's decisions?"

4. Distortion: Clarifying Perceptions



Original Statement - "He thinks I'm not capable of handling the project."

Meta-Model Response: "Have you directly discussed your concerns with him, or is this an assumption?"



7. Cause & Effect: Unravelling Relationships

Original Statement - "Considering the tight deadline, we have to compromise on quality."

Meta-Model Response: "Is it necessary to compromise on quality due to the tight deadline, or are there alternative solutions?"

6. Lost Performative: Identifying Responsibility



Original Statement - "The change in leadership caused a drop in team morale."

Meta-Model Response: "In what specific ways do you see the change in leadership influencing team morale?"



9. Modal Operators: Clarifying Necessity & Possibility:

Original Statement - "This process is faster."

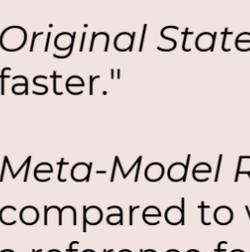
Meta-Model Response: "Faster compared to what? Can you provide a reference for comparison?"

8. Presupposition: Uncovering Assumptions



Original Statement - "I must complete this task today."

Meta-Model Response: "What specifically makes it necessary to complete the task today?"



10. Comparative Deletion: Identifying Comparisons