



# The Course to Change

## Language Patterns

### Deletions

Pattern	Example	Response
Nominalisations (processes that have been turned into things)	'I am in a really bad relationship'	Who are you relating to? What's a really bad relationship?
Unspecified verbs (leaving the meaning to the imagination)	'He's made it OK again'	What is OK? How has he done that? What are the specifics?
Simple deletions	'I'm unhappy'	What about?
Unspecified References (unclear & leaving room for assumptions)	'They don't listen to me' 'It's a matter of opinion' 'Some people won't get this'	Who? What? Who? What? How?
Comparative deletions	'It's better this way' 'I handled it badly'	Compared with? How? What's badly?

### Distortions

Pattern	Example	Response
Mind reading	'You must think I'm stupid' 'He wants to humiliate me'	How do you know?
Lost performative (judgement presented as a fact)	'She's beautiful' 'It's selfish to do that'	Who says? By what standard?
Cause & effect	'She makes me angry' 'Work bores me'	How does this cause that?
Complex equivalence (A means B or A = B)	'He never smiles at me, he doesn't like me'	How does that mean that?
Presuppositions	'Would you rather wash up or Hoover first?'	Who says? How do you know?

### Generalisations

Pattern	Example	Response
Universal quantifiers (all, always, never, everybody, ...)	'Everyone says so' 'Things never go right for me' 'Dogs are vicious'	Everyone? Has there ever been a time when? All dogs?
Necessity (must, should, have to, need, ...) & Possibility (can't, it's impossible, ...)	'I mustn't say that to her' 'It is necessary to do this' 'I can't stay now'	What would happen if you did? What is stopping you? Why isn't it possible?