

Meta Model

THE SELF-CONCEPT RESEARCH GROUP

DELETION: the information we leave out of our map of reality so that we can focus and pay attention to what we believe is relevant and important information.

Simple Deletions: Using nouns, pronouns, adjectives and verbs that are vague and not specific.

He went to the big store.

“He” Who exactly? “Went” How did he go? Did he walk or drive? “Big” Big how in size or big because many people go there? “Store” What kind of store?

Comparative Deletions: When the other person or part being compared is missing.

She is better.

She is better than who or what?

Unspecified Referential Index: When the person doing the action is either completely left out or the reference to him or her is so vague that it's not obvious who is being referenced.

They hate me.

How many and who exactly hates you?

Unspecified Verbs: When the action is too vague to know specifically how something was done.

He was beating up on me.

Was he physically beating up on you or was he saying mean things to you or both?

Nominalizations: Converting verbs into nouns. One way to differentiate true nouns and nominalizations is to ask yourself whether or not you can pick it up and put it in your pocket. These words often (but not always) end in 'ion' like nation, intuition, procrastination, transgression, etc. And words like love and government are also nominalizations.

I don't know what else to do with this creation.

What are you creating?

DISTORTION: our ability to represent parts of our map different than reality as in creating what isn't actually there like imagining a future event that hasn't happened yet or creating fiction.

Mind Reading: believing you know what another person (or people) are thinking, feeling, or intending.

My boss thinks I'm lazy.

Did your boss actually tell you this?

Complex Equivalence: A statement or statements that imply that two things are equal or mean the same thing when there's no actual connection or truth to the statement.

She did better than me. I must not be meant for this.

Any time someone does better at something than you, that means you shouldn't do it?

Lost Performative: Value judgments that leave out who's making the judgement so the statement sounds as if it's a universal law, which is not true.

Politicians are corrupt.

According to who?

Presuppositions: Statements or questions that assume that something must be true in order for the sentence to make sense.

When are you going to start taking responsibility?

In order for this sentence to make sense, it is assumed that you haven't been taking responsibility for anything, which is probably not true.

Cause/Effect: Assuming the logic that one thing causes another when there is no truth to support it.

Every time I pick up the phone a fire truck blares its sirens.

Do you really believe you have the power to make sirens blare just by picking up the phone?

GENERALIZATION: our ability to map across known information into the unknown in order to learn and categorize.

Modal Operators: Words that imply what the rules are, what must happen, or what is right. Words like should, necessary, need to, have to, must are indications of modal operators. Modal Operators indicate a limitation in one's map of reality. Upon challenging it, the limitation can be seen for what it is, imaginary.

I have to stick with this job I hate.

What if you didn't?

Universal Quantifiers: assumes that something is absolutely true without exception. Indications of Universal Quantifiers are words like every, one, all, always, never. Indicates a limitation in one's map of reality. Upon challenging it, the limitation can be seen for what it is, imaginary.

You never do what I ask you to do?

Never? Is that absolutely true? What about the time...

Using the Meta Model for personal change is a great start, but knowing your values will support that change even more. When you live according to your values, you fulfill your desires and live a happier life.

We have free assessments on our website that help you find your values in various contexts of your life.

- [Click here to go to the Free Self-Concept Assessments](#)