



## The Metaphor Process

1. Have your client choose something they feel below the line about.
  - Ask what is the emotion (easiest to use big categories of hopeless, fear, anger).
  - Ask client to close eyes and get present to where this emotion is in their body.
  - How strong is it on a scale of one to ten? (Write this down.)
2. Tell your client that you are going to ask a series of questions about the emotion.
  - Encourage them to take the first thing that comes to their mind without judgment, even if it doesn't make sense. Tell them not to worry if they don't get anything, just go on to the next one.
  - Let them know they will be choosing ONE at the end and not to worry about remembering, just stay in the moment. You'll repeat the metaphors back at the end.
3. One at a time, fill in the blank: If this emotion were a \_\_\_\_\_, what would it be? (NOTE: you may want to use between 3 and 5 of these, depending on the client's energy. You also may want to write them down to be able to repeat them to your client at the end.)
  - Flower/Plant
  - Stone/Mineral
  - Body of water
  - Article of clothing
  - Music
  - Animal/Bird
  - Body part
  - Kitchen utensil
4. Repeat the metaphors and ask your client – which of these has the most resonance for you?
  - Tell me more about this metaphor. What does it look like? Describe it.
  - Now I want you to step into your metaphor and actually BE it. Put your body into the posture of this thing. Really be it and feel it.
  - Explore the experience with your client. Questions to ask:
    - *What does it feel like to be \_\_\_\_\_?*
    - *What is good about being \_\_\_\_\_?*
    - *What else is good about it, what is its gift?*
  - Important – ask them this question. (The answer is almost always that it wants to be loved, allowed or even left alone – these are all ways of granting it the dignity of existence.)
    - *If you were to step back from being this metaphor for a moment, what do you notice it wants from you? Go ahead and give it what it wants.*
  - Now ask your client to write a new number next to the original number they had next to their emotion. Debrief around the shift and/or insights.