

Self-Awareness Metaphor Game

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This exercise encourages participants to describe in detail what they see as they are led through a mental journey. In so doing, elements of their inner personality may be revealed in a non-threatening and very enjoyable, playful way.

The Procedure:

Hand out the worksheet or have players use paper and pen/pencil.

Explain that this is a mental journey. Along the way, they will encounter specific situations. Just notice what is suggested and take a mental snapshot then open their eyes and write a description. On the worksheet, they will have specific prompts which can also be given as suggestions while participants are writing about their snapshot.

The Journey:

"You are walking down a long, long **road**. (Pause giving to establish) Notice the road...Get a feel for it...Take a snapshot of the road and then open your eyes and write a description."

(Either allow them time to fill in the worksheet or if working on blank paper, the verbal prompts.)

"Good, close your eyes and we'll continue the journey. You walk for a long time...suddenly you notice a **key** on the road. When you're ready, take a snapshot of the key and then open your eyes to write a detailed description."

(Pause for the writing portion.)

"Good. Close your eyes again and let's continue. You're walking a long time...suddenly the road stops. There's a **Barrier**. You know what to do...take a snapshot and open your eyes to write the description."

(Continue in the same way through the following situations.)

"...Suddenly you see an **animal**."

"...suddenly you see some **water**."

"...suddenly you see a **structure/building**."

"You continue walking and now, you're going a little bit uphill. Standing on the top of the hill, you see a **person**. You know what to do. Take a snapshot, open your eyes and describe the person."

Frame for eliciting METAPHORIC meaning: (simple starting points! - NOT fact or a diagnosis!)

Road – How you think of your life right now.

Key – How you think of your intelligence.

Barrier – How you think of death (the end of the road).

Animal – How you deal with problems in your life.

Water – Your experiences and/or dreams of love/romance.

Structure/Building – How you value material things and the importance you place on them.

Person – Someone deeply respected or someone deeply loved or someone they'd like to become...or they may be facing themselves.

Put a frame around it...and let them tell you what their symbols mean.

(In a group, they can share with others and discuss the interpretations.)

In some contexts, this is presented as a "reading" of the client or a member of a group.

I always prefer to have the client (group) do their own interpretation of the imagined meaning.

And with a client, it becomes a wonderful exploration of self-awareness and possibilities of different options.

WORKSHEET:

Road:

Condition _____

Made of _____

Width _____

Surroundings _____

Time of day _____

General Feeling _____

Key:

Size _____

Made of _____

Age & Condition _____

My action _____

Barrier:

What _____

Size _____

Made of _____

Beyond _____

Action _____

General Feeling _____

Animal:

Kind of _____

Number _____

Mood _____

Animal's Action _____

My action _____

Water:

What _____

Size _____

Condition _____

Depth _____

My action _____

Structure/Building:

What _____

Size _____

Condition _____

My mood _____

My action _____

Person:

Who _____

My feeling _____

Appearance _____

My action _____