

## Metaphors from 'Metaphors in CBT' - 25<sup>th</sup> September 2020

- Thrown to the lions.
- Well-worn path
- the black dog
- a tree is also constant
- OCD not old bully (autocorrect!)
- living in a bubble
- The well-trodden path to dark woods vs treading out new path to the beach
- Pushing a beachball down below the water as a metaphor for trying to push away intrusive thoughts
- Planting seeds and nurturing them.
- Being flexible like bamboo or tree as opposed to a house made of bricks.
- Thoughts being like clouds passing by, we don't have to engage or attach to them.
- Feeling nervous can feel 'like an AC DC concert going off in my chest'
- Also change - updating the software - updating the seven year old
- Home is a bubble and a safe space. Not making assumption is important. Especially in these covid days.
- Using the tree as a metaphor for being strong but also flexible
- Using the computer analogy as a way of learning to focus and maybe switching off the various programmes to just focus on one
- Keep things simple and checking in so 'on same page'
- Taking a mindful break is "pulling over from the fast-lane and into the services station"
- The kid at the front of the class saying 'pick me'.
- Walking through woods, that's well worn path, having the courage to walk towards the sound of the sea and take a new route.
- Rollercoaster ride –
- one person vomit worthy another loves it.
- Gremlins or the uninvited guest.
- A bully stealing your pocket money.
- Feeling like an alien, or like Doctor Who (who is an alien/outsider in some ways but human in others)
- Developing from cygnet to swan (personal growth, self-esteem etc.)
- Pearl of wisdom
- Starting a new chapter - to signify new beginnings
- Always on the motorway but we can take the exit to the country roads.
- Life is a journey, coming to crossroads or fork in the road moment.
- Tip of the iceberg
- Metaphor: 'Open up and let in the light' when feeling burdened or overwhelmed and down. 'The patchwork of life
- therapy as a 'journey'
- David & Goliath - facing a giant
- Life is a book.