Borrowed Metaphor Check

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A helper offers a metaphor the person dislikes.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Compare a suggested metaphor with the participant's own language and discard it if it does not fit.

3. What would a better image be?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.