

Metaphor activities

Finding an Image That Fits My Experience

Adults | 10 to 15 minutes

Sometimes a comparison makes an experience easier to discuss: too many open tabs, a crowded doorway, or a road with missing signs. You choose whether an image helps. It can be changed, rejected, or replaced with plain words.

Choose a manageable concern and invent a comparison in your own language. Notice both what fits and what the image leaves out.

Test the fit

Describe which parts of the image match the situation. Name one important difference so the metaphor does not become a rigid story about you.

Return to ordinary actions

Translate one part into a practical need. If the image is 'too many open tabs,' a next step might be choosing one task or asking who can share it.

1. What image or comparison fits part of my experience?**2. Which details fit, and which do not?****3. What ordinary need does the image help me name?****4. What concrete action or request follows from that need?****Clinical use and adaptation**

Use client-generated language and check cultural, sensory, and literacy fit. Never impose symbolic interpretations or use metaphors to bypass consent. Switch to literal description if imagery increases confusion, distress, or dissociation.