

Helpful questions to ask

To explore or to develop metaphors: What kind of X is X? Is there something more with X?

To elicit metaphor: What kind of sadness, joy, anger etc., is that sadness, joy, anger, etc.?

For functional analysis: What comes before X? And then...?

To establish an observational distance: Ask concrete questions about the source of the metaphor. What does it look like? Form? Color? Movement?

Direction: What do you need to go in that direction/to be like that? What can you do that will move you in that direction/ to be faithful to what you want, to be the one you want to be?

General principle: After developing the source of the metaphor, remember to also talk about it's target!