

METAPHORS MOVE US



by Kim Billington with illustrations by Chris Munro

This eResource: **Metaphors Move Us** was born out of a curiosity around how people use metaphors to talk about their lives in a counselling setting. Many people seeking counselling have been worn down by problems for months, years and even decades. Sometimes their life story feels 'problem saturated'.

I had known artist Chris Munro for a few years, as he had illustrated my second book: ***Counselling Conversations: 10 Powerful Interviews with Seasoned Experts***. We began collaborating on this resource with the hope that people would engage more creatively with their life story through being moved to check out how they are travelling by some exciting and artistic drawings. The small prompts supporting curiosity about their lives. We hope the drawing spaces around the picture allow for jotting down ideas and responses to the questions posed, and the drawings invite some enjoyable colouring-in.

This eResource uses Narrative Therapy approaches to counselling, such as externalising the problem, as well as a wealth of wondrous gifts from the world of metaphors. Kim has a Grad Cert in Narrative Therapy from La Trobe University, and a Masters in Narrative Therapy & Community Work from The University of Melbourne. Kim enjoys therapeutic storytelling and works as a clinical supervisor and counsellor, as well as delivering counselling training with The Sydney Centre For Creative Change: <https://www.artandplaytherapytraining.com.au/>. More details can be found at Kim's website: <https://kimbillington.com.au/> and Chris can be contacted via his email: fishscaleshingle@yahoo.com

In Narrative Practice, we invite the person to tell the story of their problems. Here are a few suggestions:

- Could we give this problem a name so we can refer to it at some respectful distance? (eg ...This Worry... The Wish to Escape... The Dark Cloud)
- How long has the problem been visiting? Is the problem a regular visitor, or only at certain times or in certain situations?
- Who else understands this problem in your life?
- Do other friends or family members have similar problems, and what advice might they offer?
- What has worked in the past? What are a few things you already do to reduce the impact of the problem in your life?
- How big/medium/small is this compared to other problems? When the problem gets bigger, what are you noticing? What is your response?
- Would you want to pass on this problem to someone else? Or are you holding space for the problem for now?
- Has this problem got a 'use-by-date'?
- When the problem first showed up in your life what else was happening?
- If you could write a letter to the problem, what name would you call it?
- How have you survived (... The Winter of Depression)?
- What would you offer to others encountering this same troublesome problem?
- Tell me more about what interests you and brings joy to your life ('Double Listening' to hear more about the person's preferred identity)
- What is important to you? Why are they important? (Curious about values, hopes and identity construction)

May this resource support your own journey forwards and bring some fresh approaches to your client work.

Kim Billington 2024

What are your hopes
in asking for help?





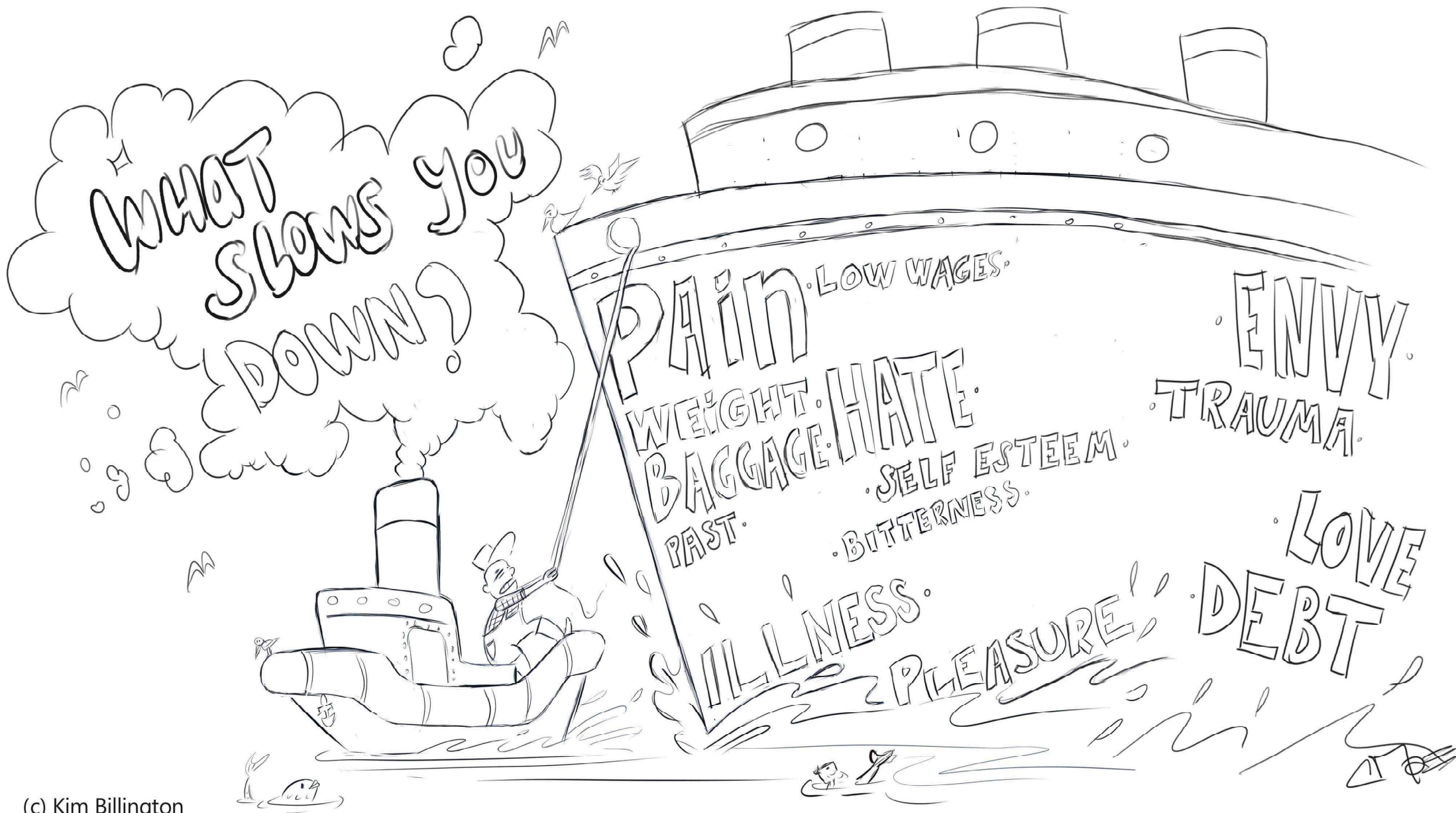
What do you need at the pit-stop?



(c) Kim Billington

When you dig deep, what's there?





(c) Kim Billington

Overspending
at the

CHECKOUT

?



If every brick in your home was an experience,
which ones taught you the most?

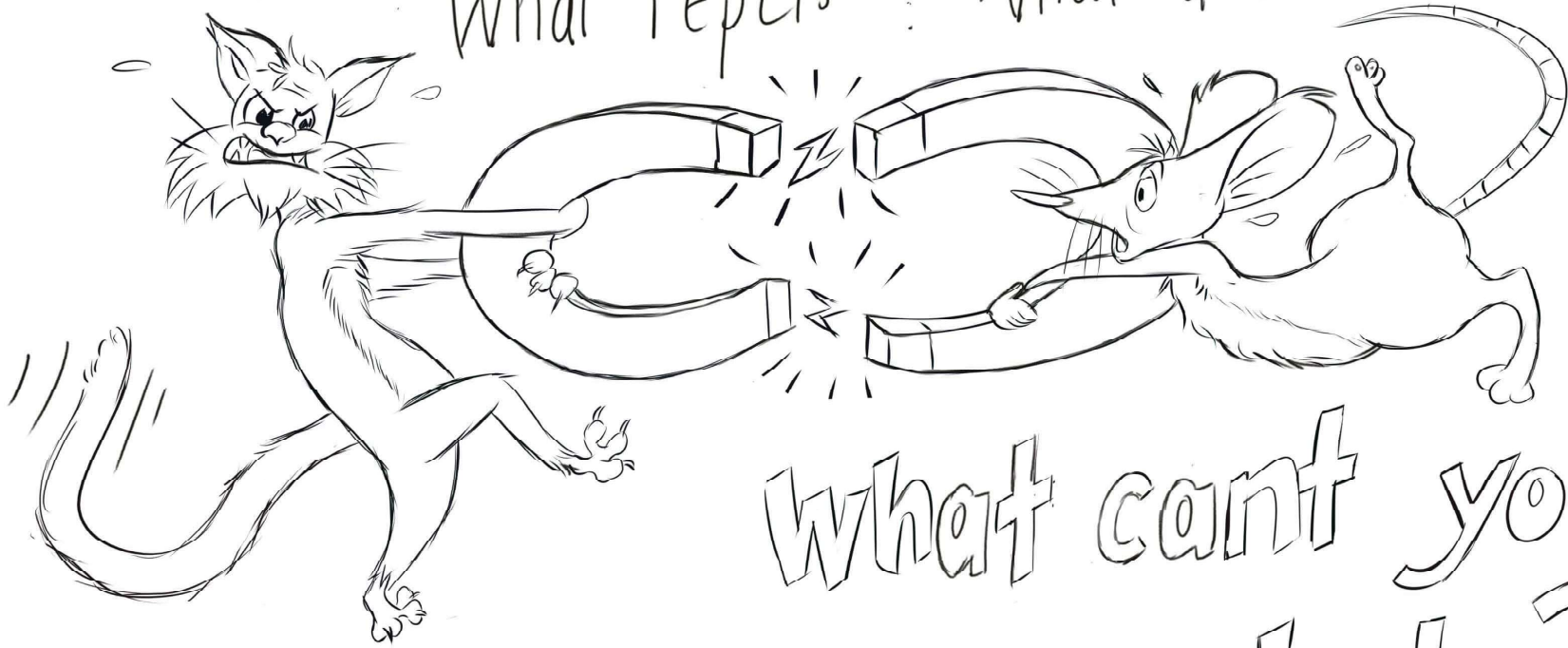


Which
fairy tale
connects to
your life?



MAGNETS OF LIFE

What repels? What attracts?



What can't you resist?

© 2010





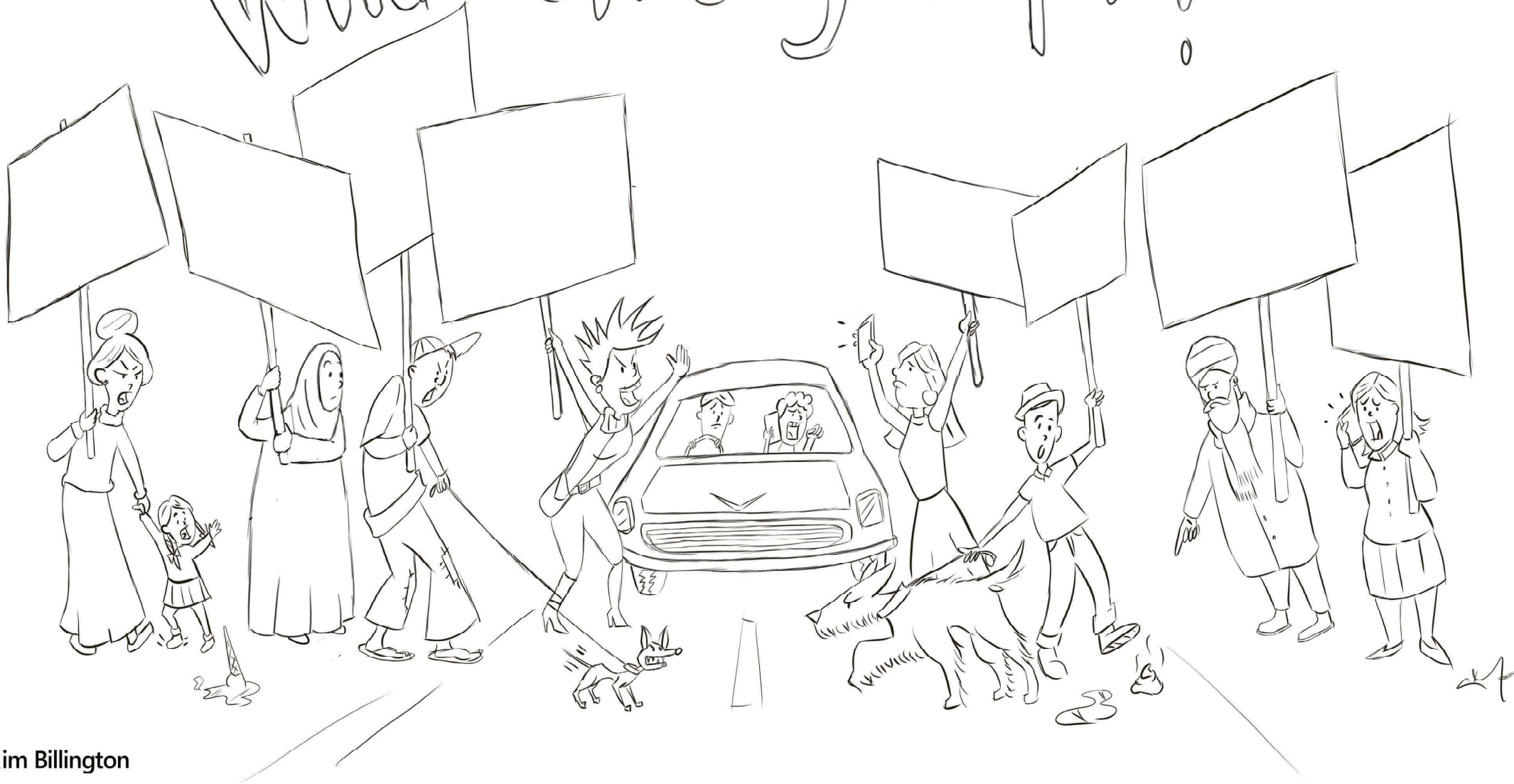


What emotions
arrive in your day ?

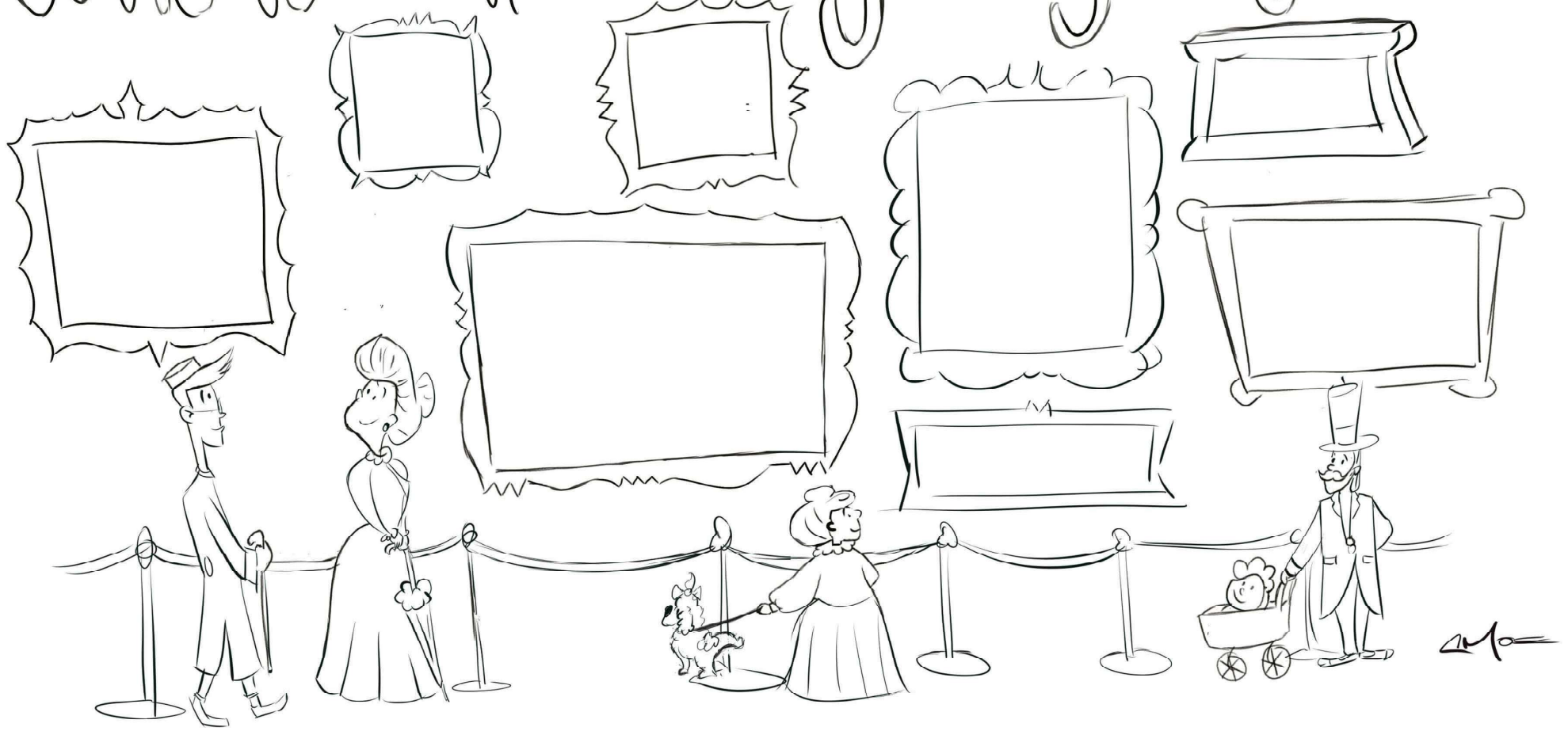
Have you tried
to wash out
the stain of trauma?



What stirs your pot?



Who is in the art gallery of your life?



What's important in an animal companion?

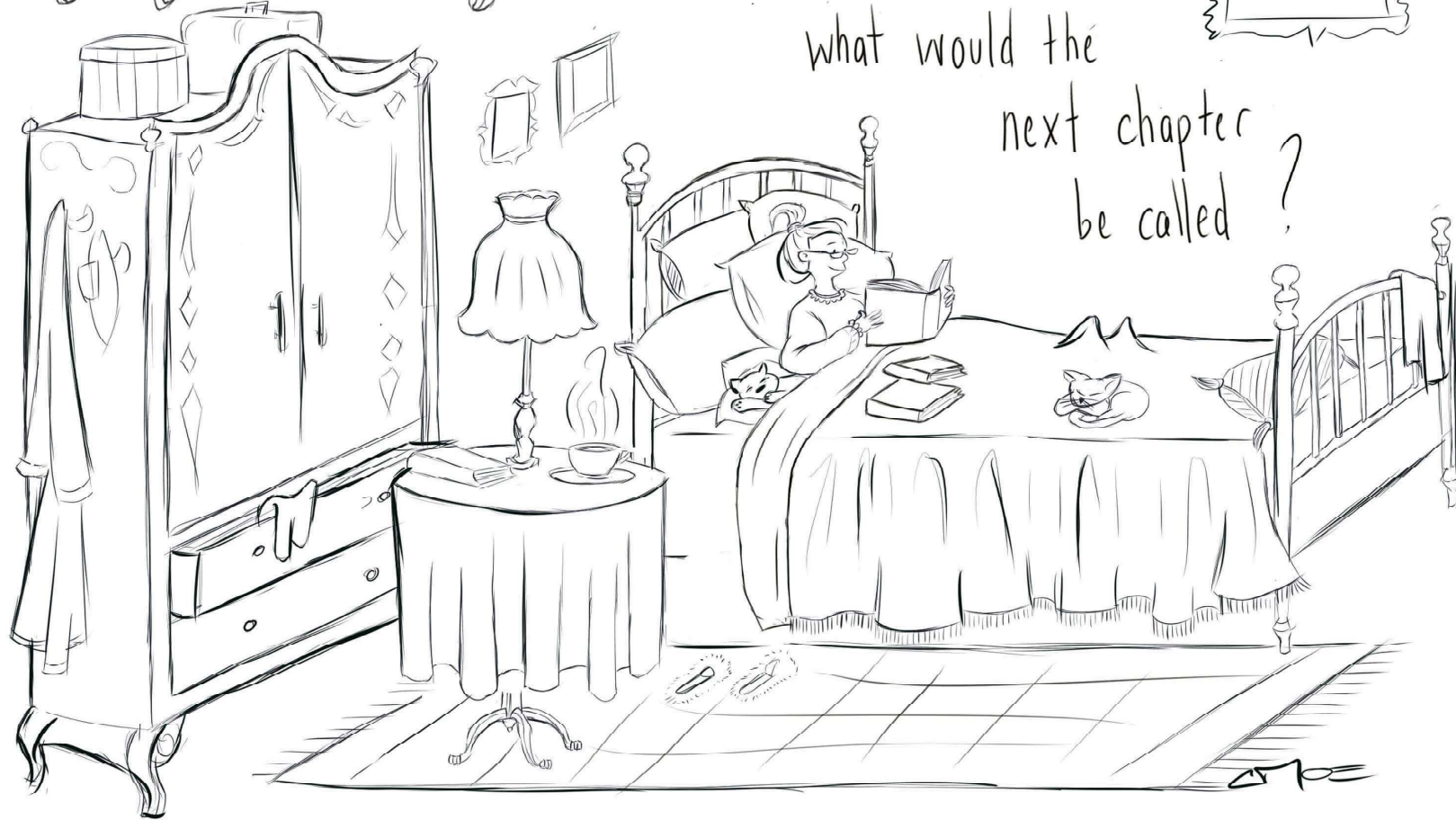
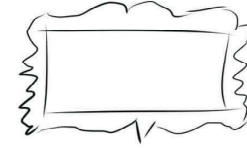


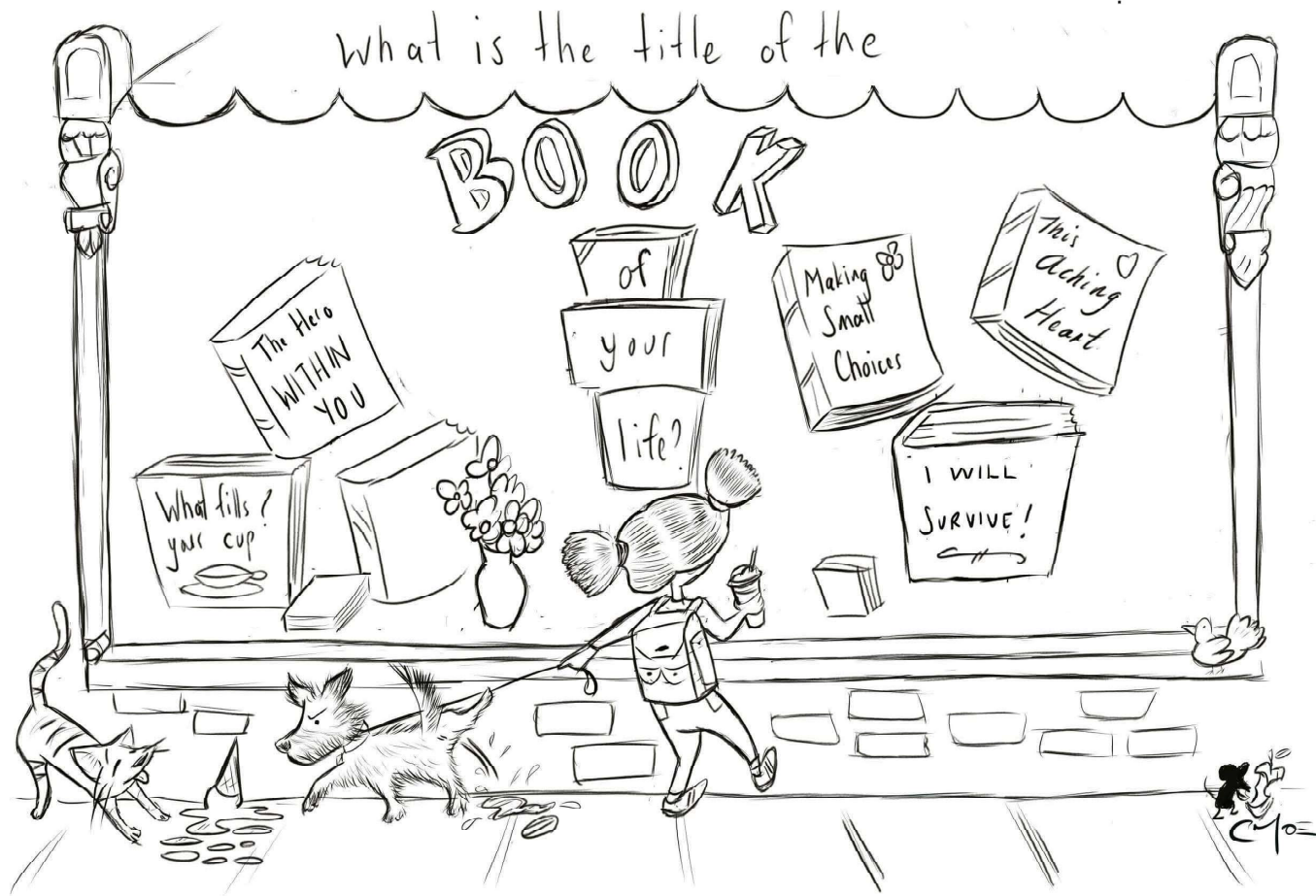
Emotional Barnacles



If your life was a book

what would the
next chapter
be called?

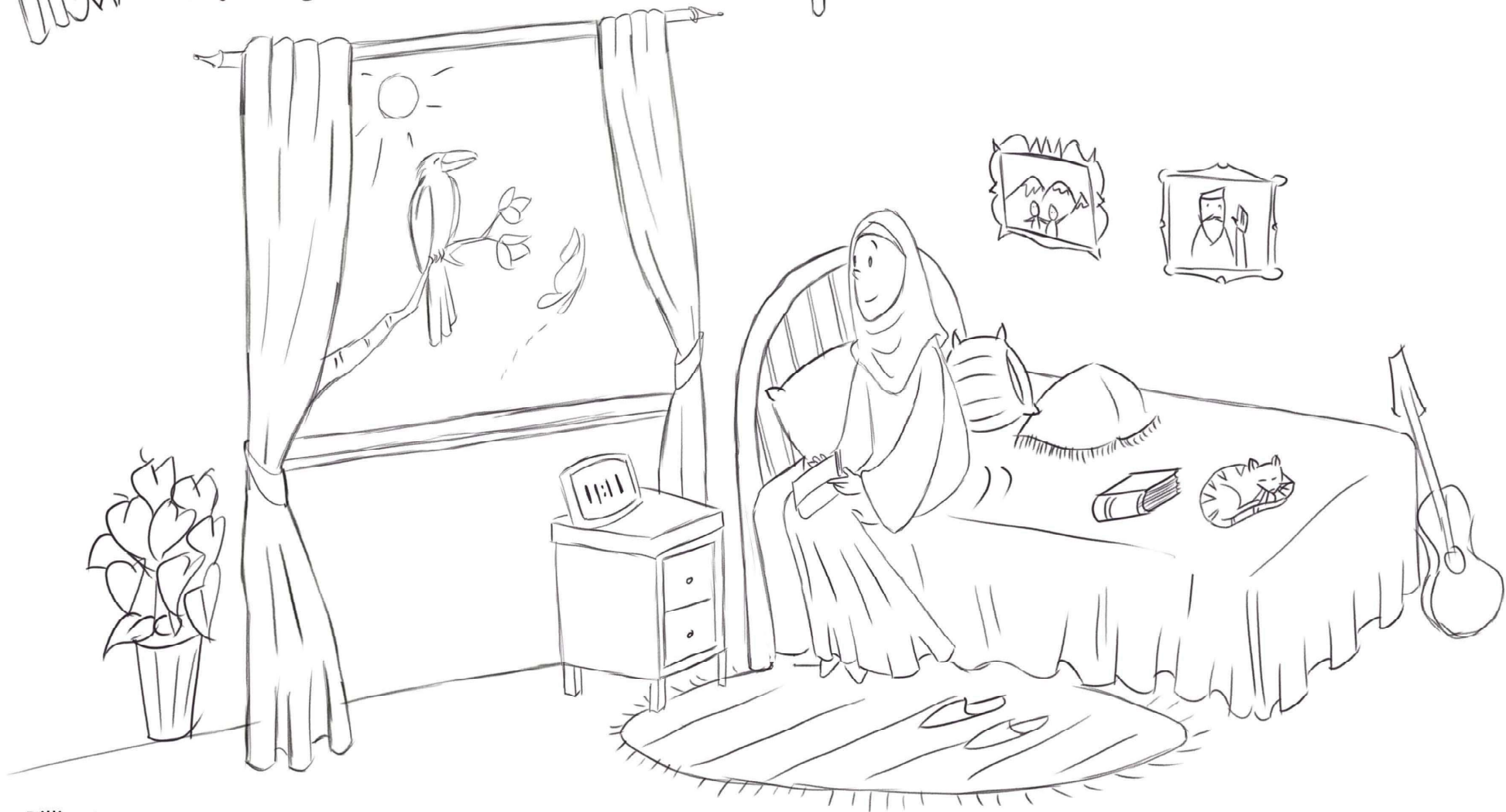




(c) Kim Billington



How do you connect to spirit?

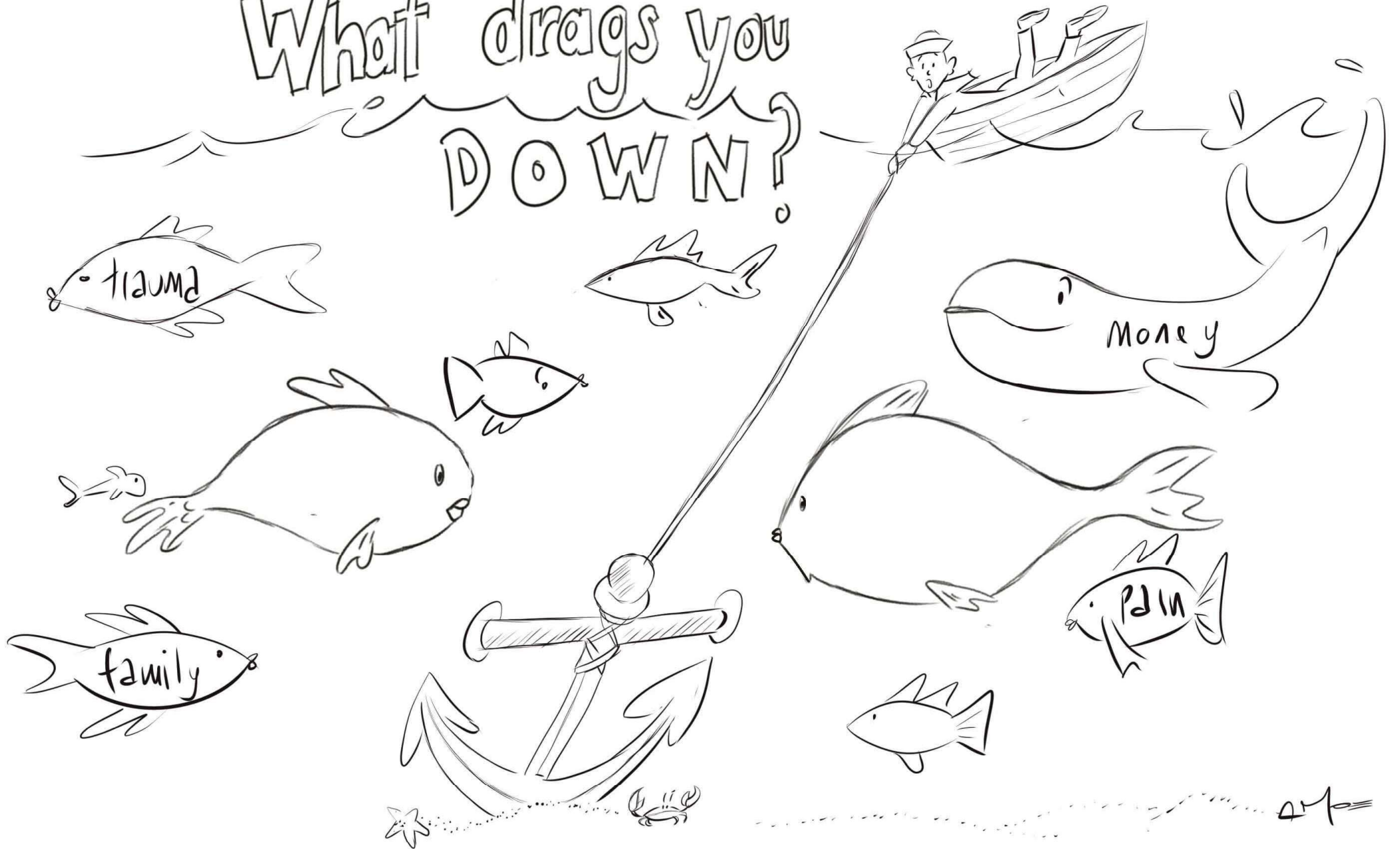


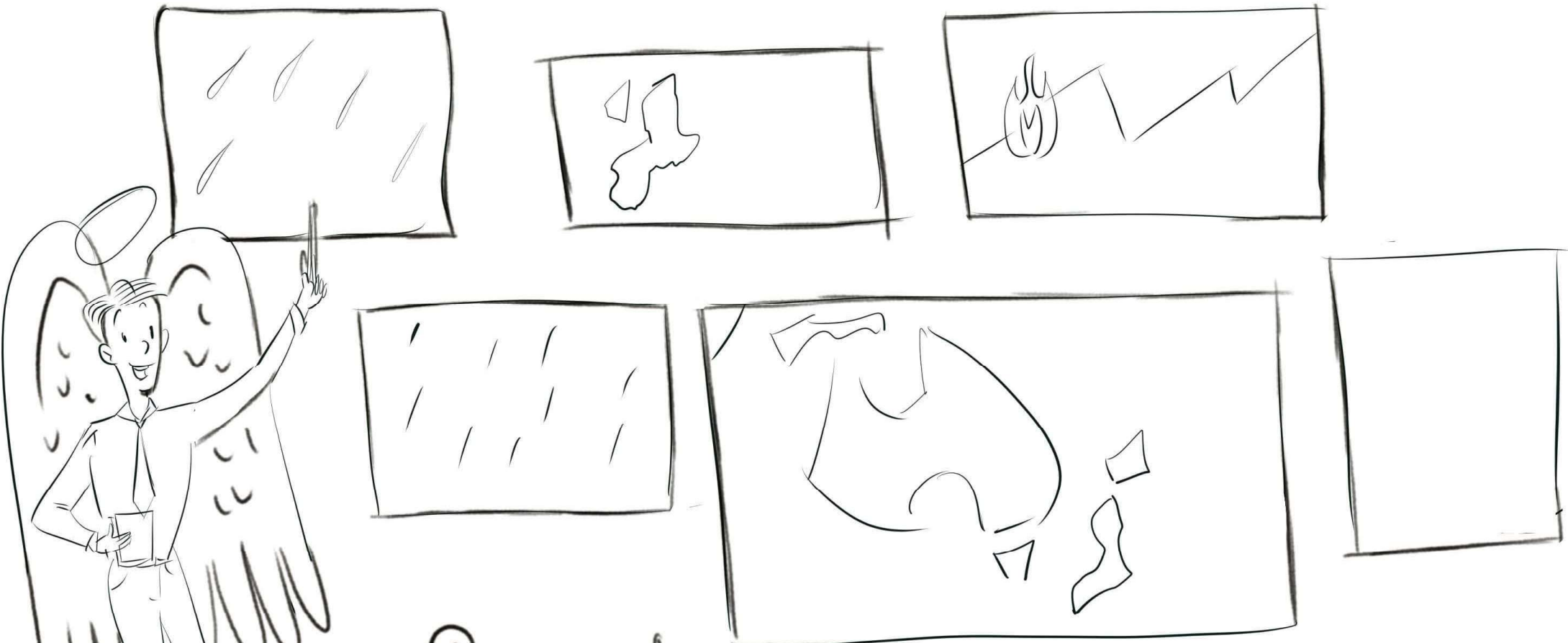
WHAT ARE YOUR
DREAM

DESTINATIONS?



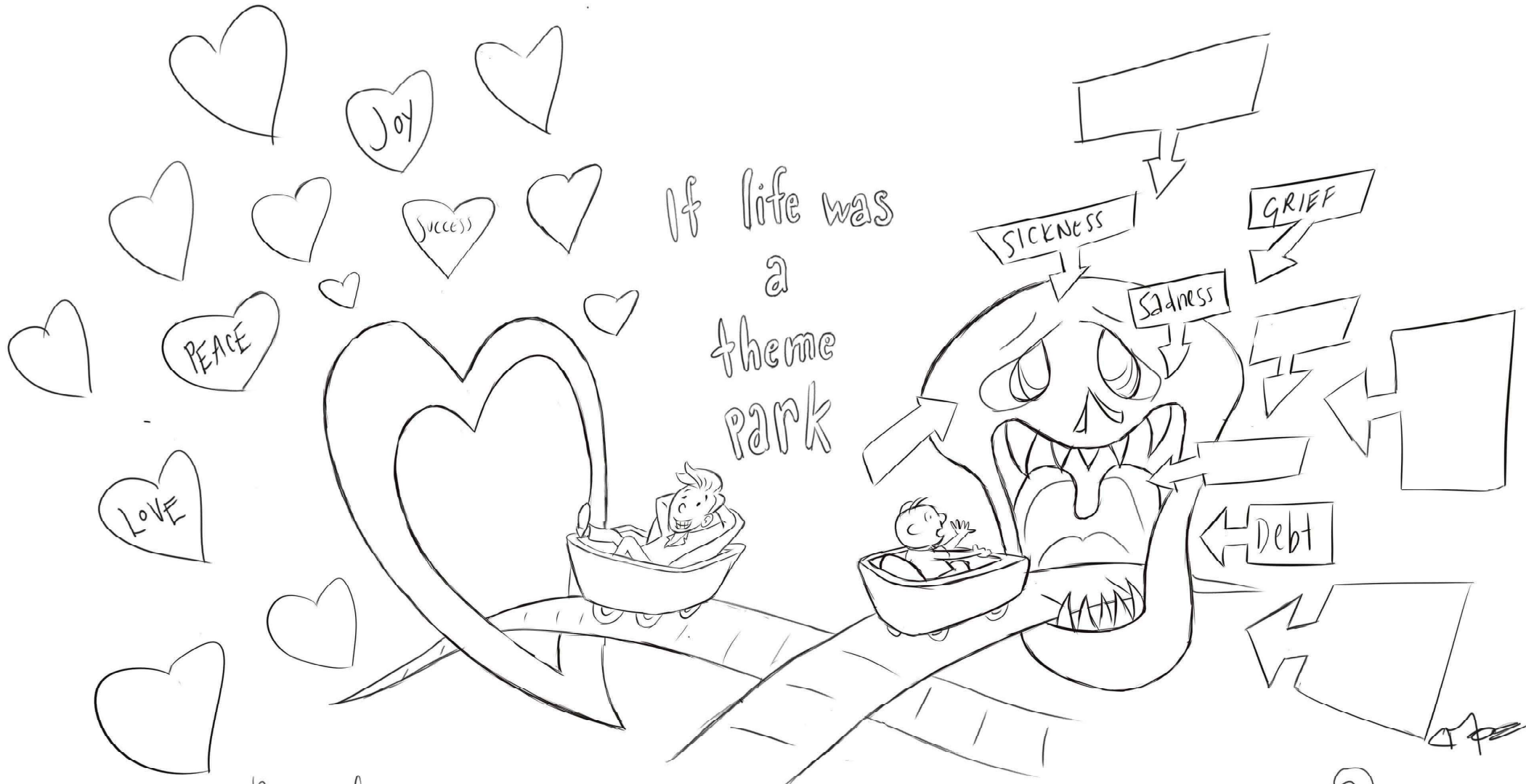
What drags you DOWN?





Spiritual
Weather Report: What's the
forecast?

(c) Kim Billington



If life was
a
theme
park

which rides have you been on?

How does your body tell you to change things?



Do you have
the right ingredients
the right tools?



FREE
GIFT:
*the Present
Moment!*



Your phone is a
shop that
never
closes.

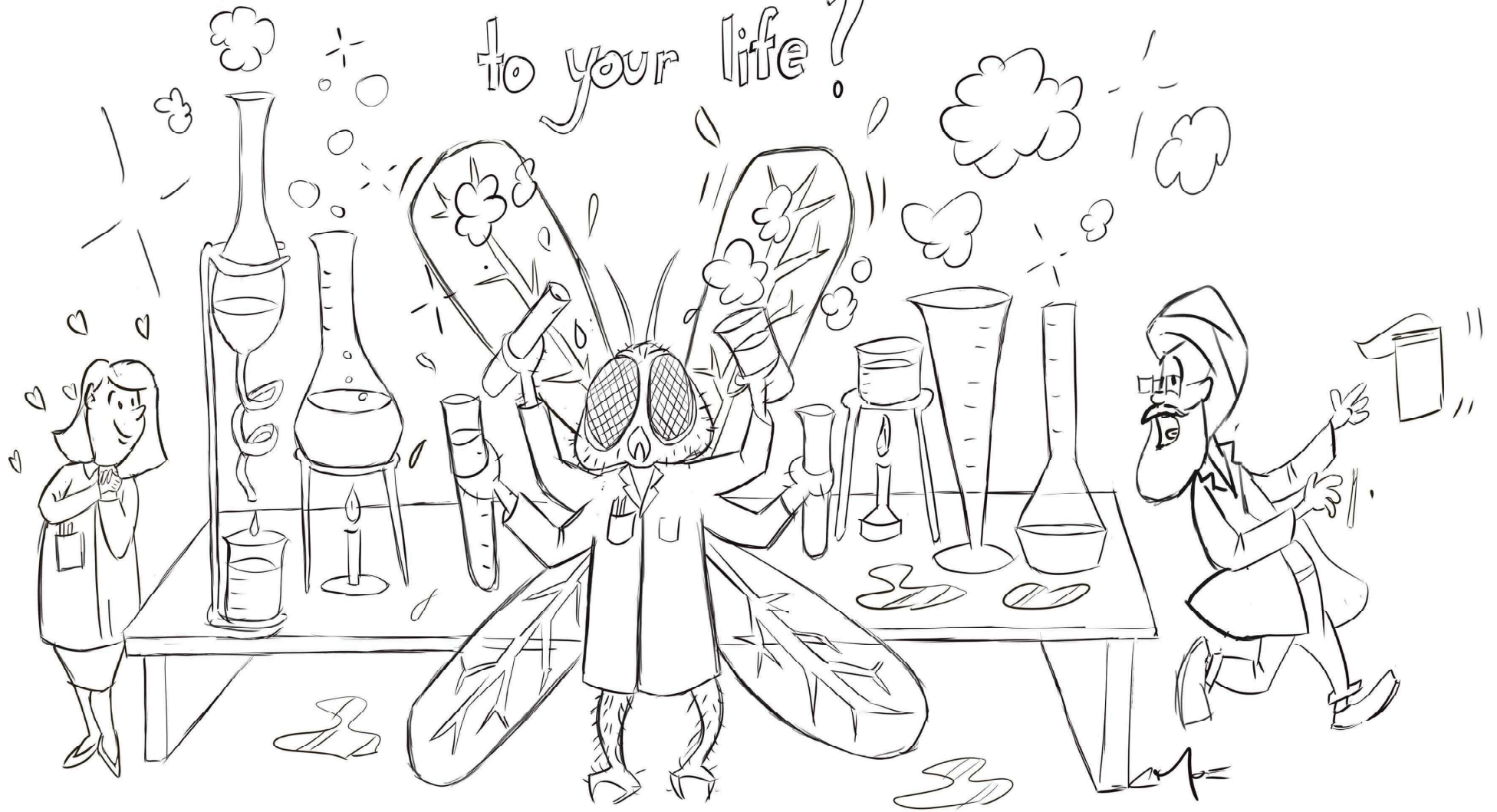
Is
that
a
problem?

What message is
your muse
sending ?





What brought dynamic change
to your life?



What nourishes you



on this journey of life?



What is
past
the
USE-BY
date?





What do you need?

Index to Metaphors Move Us by Kim Billington, with Narrative Therapy Question Prompts:

Page and Title	Question Prompts
3. What Are Your Hopes in Asking For Help?	Who else is in your support team? What has helped before?
4. Who Is Driving? Who Is Going With You?	Who gives you directions? What is your preferred direction?
5. What Do You Need at The Pit Stop?	What is calling for your attention? How did things get to this tricky situation?
6. When You Dig Deep What's There?	What skills and strengths have you been developing over time?
7. What Slows You Down?	How have you got past feeling stuck in the past? What's your helpful self-talk?
8. Overspending at the Checkout	What's the difference between your current 'wants' and 'needs'?
9. If Every Brick in your Home was an Experience	Can you share a story of some precious bricks as well as the heavy ones?
10. Which Fairy Tale Connects to Your Life?	How do you connect with a favourite story character from childhood?
11. Magnets of Life: What Repels What Attracts?	What opposite extremes are in your life? When was your yin yang more balanced?
12. How Do You Connect with Nature?	What touches your soul and Spirit from Nature? What is the history of this?
13. Is There Purpose to Your Output?	What 3 things are you quietly doing that do make a difference?
14. What Emotions Arrive In Your Day?	How did you develop your bounce-back-ability? Who else understands this?
15. Have You Tried to Wash Out the Stain of Trauma?	Every scar tells a story. How has Wisdom been developing though the hard times?
16. What Stirs Your Pot?	What fires up your indignation? When did you begin to stand up and take action?
17. Who is in the Art Gallery of Your Life?	Who are your special treasures – past and present? Why are they important?
18. What's Important in an Animal Companion?	Can you tell me a story about pets in your life – pets of grandparents or friends?
19. Emotional Barnacles: who is getting a free ride in your life?	Why would you prefer to be more free, to be you? What have you already tried?
20. If Your Life Was a Book, what would the next chapter be called?	Are you writing your life or mostly re-reading older chapters?
21. What is The Title of The Book of Your Life?	Imagine your life as a film. Picture the trailer. What would it be called?
22. How Do You Celebrate Success?	How were birthdays celebrated at home? Can you share a recent achievement?
23. How Do You Connect to Spirit?	How does the Spirit move you? Feel alive for you? Connect you with others?
24. What Are Your Dream Destinations?	How does spending time near nature, oceans, rivers, people lift you up?
25. What Drags You Down?	Below the surface what is happening for you?
26. Spiritual Weather Report: What's The Forecast?	Could you describe in detail what you are wanting, and send it to the Universe?
27. If Life Was a Theme Park, Which Rides Have You Been On?	Life brings awesome and difficult experiences. What are you learning from these?
28. How Does Your Body Tell You to Change Things?	Listening to your body now, what is it saying to you?
29. Do You Have the Right Ingredients?	What might you bring into your life to bring more meaning, peace joy ...?
30. Your Phone Is a Shop That Never Closes. Is That a problem?	How big is the problem?
31. What Message Is Your Muse Sending?	What kind of encouragement could you whisper to your own Self?
32. What Is Slowing You Down?	Are there annoying feelings, thoughts or things that you are ready to shift?
33. What Brought Dynamic Change to Your Life?	What have been some sparkling moments?
34. What Nourishes You on This Journey of Life?	What gets you into the Zone and puts a smile on your dial?
35. What Grows in Your Spiritual Garden?	Who was planting seeds before you were born?
36. What is Past the Use-By Date?	What needs to be shown the exit door? Why are they no longer helpful?
37. What Do You Need?	Who else understands what you need in Life? Why are these important to you?
38. Emotional Nourishment: what did you miss out on?	Imagine going back to hug the little you. What would you whisper in their ear?