

Three More Metaphors Transcript

Speaker 1:

Probably the most famous of all of the ACT metaphors is the metaphor of the bus driver, as well as the metaphor of the uninvited house guest. So I'm going to share those two metaphors with you first. And again, these are probably metaphors you're familiar with, if you're familiar with ACT therapy, but how do I use these metaphors? Let's take the metaphor of the unwanted house guest. It is, of course, a metaphor for unwanted thoughts, intrusive thinking. Think of clients who have PTSD, fears, anxiety, it's their intrusive thoughts that keep them from being able to enjoy life. So being able to share with them this metaphor is actually really helpful to help them conceptualize what they have options. So it might work like this. Again, I can explain this. I can use this metaphor as part of a pre-talk, I can use it as post, or I can use it in the context of a session.

Speaker 1:

So go ahead and close the eyes down. Access that resource state of hypnosis. Five four three, two, one zero. And I'm going to share with you the metaphor of the uninvited house guest. Imagine, of course, that you're having a party and all of your friends are going to be there. You're looking forward to the opportunities you have to speak with these folks and to share with them what it is you're up to and to listen, of course, to what they're doing in life. It's a great time to get together. And, of course, as you enjoy this party, the food, the sense of community, and all of the festivities, there's a knock at the door. You go to see who's at the door and it's the neighbor, your neighbor, who you don't particularly get along with, who is grumpy and maybe just a little bit odd.

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You say, "Can I help you?" And he says, "Oh, I saw you had a lot of friends over and I thought maybe I could join him too." With perhaps a little bit of frustration, you open the door and let him come in, and he goes into the backyard where all the friends are. They're a little irritated that he's there as he starts to talk to people and engage people. And he acts, of course, a little odd and a little grumpy and a little strange, and you become irritated by this person. And so you say, "Hey, neighbor, I'm glad you got a cupcake and some food, but you're going to have to go." And so you escort them out the front door and let them leave. But because you're afraid that the unwanted house guest might return, what you do is you instead of returning back to the party, you sit by the door, you look out the window to see if he's gone. You listen for footsteps to hear if you might be coming back to join the party once again.

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And you realize, of course, that you're missing the party in the backyard because you're standing by the door anticipating what might happen. Sure enough though, the neighbor comes back. He knocks on the door and he said, "Hey, I really would like to hang out with you folks and I really would like to be a part of the production," and because you don't know what else to say you let the uninvited guests to come back to the party. And he comes back but this time you recognize that while he might have an odd personality or even an irritating personality, he's actually entertaining and he's telling some jokes and he's engaging some people. Maybe not you and perhaps not others, but as you let him simply exist doing his thing, perhaps even some magic tricks in the corner, you get to enjoy the party, recognizing that it's a lot easier to co-exist with the unwanted house guest than it is to try to get rid of the unwanted house guest.

Speaker 1:

And as you continue to relax five, four, three, two, one, so go ahead and open your eyes, if your eyes aren't open. Again, the metaphor of the unwanted house guest. It's a very famous ACT better, again, to teach us that we can co-exist with unpleasant thoughts or feelings or sensations or even difficult people. The next metaphor is the metaphor of the school bus driver. And so close your eyes and imagine that you are a school bus driver and the bus is going to make various stops and it's going to pick up various people along the way. And your focus is, of course, on the destination, taking everyone on the bus to the school. But some folks get on the bus, they go to the back of the bus when they start a food fight.

Speaker 1:

Some folks come get on the bus and they go to the front and they started bothering you saying, "Hey, could we take a shortcut today? Could we do this and that?" These passengers on the bus are a lot like the distracting thoughts we have is we focus on what it is that we need to do. The difficult passengers on the school bus are coming on at each stop and maybe even some of them are getting off at each stop, a lot like our thoughts. And, of course, this metaphor helps us to see that we can stay focused on what we need to, even if the bus, our minds, are picking up and dropping off various thoughts, feelings, and sensations. We have the ability or the power to stay in control of the bus and to complete the task that we have at hand.

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The next metaphor is simply that of the thought train. And so close your eyes down and imagine standing on a train platform, and trains come by and you can choose to watch these trains. So we'll call them thought trains, or you can choose to get onto one of the thought trains and to get on the train and be transported from here to there, looking at all the scenery and all of the things that go by. Our thoughts are just like trains at a train station coming and going. We can choose to stay on the platform and we can choose to simply observe the thoughts, or we can choose, of course, at any time to get on our thoughts and to be transported from here to there with our thoughts.

Speaker 1:

I'm not sure which would be best for you today, is it to simply stay on the platform recognizing that thoughts are like trains? Or is it to change your thoughts by getting on one of those trains and watching the scenery and listening to the sounds of that train as it takes you from here to there? If your eyes aren't open yet, taken in a breath, let a smile come on your face and open your eyes. Again, three more metaphors that we can use that are often used and adopted in ACT therapy. Again, I'm going to provide the transcript for this. And last week, in our Zoom session, I actually did a hypnosis session. I'm actually going to post the transcript of that down below as well. So that way you'll have access to that session that I did or the script for that session that followed the format of the six core principles of ACT therapy. See you next week in our Zoom room. Same time, same channel.