

Symbolic Modelling – Example 1

Role	Content
Coach	What would you like to have happen?
Client	I would like to create even more space.
Coach	And you'd like to create even more space. And when you'd like to create even more space, what kind of space is that?
Client	Quite expansive - with a distance between objects so I can appreciate what I've got. I've been getting rid of things that were taking space - and the feeling I'm getting is good.
Coach	And it's quite expansive with a distance between objects and you're getting a good feeling. And is there anything else about that space?
Client	It's the feeling of space. I took all the stuff of the bookshelves and was going to put it back. But having the space felt good. It's the feeling. I keep things just in case, but now I've made some space I don't want to clutter things up. I want to let go of things.
Coach	And it's the feeling of space. And when it's the feeling of space, whereabouts is that feeling?
Client	It's here (points to heart area). It's happy, joyful and surprised. I felt it physically - wow! It's uplifting. Now there is space I can find things easily. And now I have loads of books and I need to decide what to do with them. That's interesting - it's about letting go of the old stuff.
Coach	And it's about letting go of old stuff. And is there anything else about letting go?
Client	Letting go feels more relaxed. Holding on is more gripping. Letting go is very relaxed and feels good. I hadn't read any of those books in ages, it's an emotional attachment. Let go feels goo and someone else might like to read them. The CDs can go in the loft. It's like a big clearing inside and it feels nice.
Coach	And letting go feels more relaxed and feels good. And it's like a big clearing inside and it feels nice. And when it's like a big clearing inside and it feels nice, whereabouts inside is it?
Client	Perhaps in my mind - it's emotional stuff. Maybe in my gut - maybe it's old emotion that I've been holding onto.
Coach	And perhaps in your mind and maybe in your gut. And maybe it's old emotion you've been holding onto. And is there anything else about old emotion?

Client	We can hold onto it, can't we? The body stores it. This is about opening and allowing. I don't need that book. It's about emptying - maybe I don't need it any more and I can let it go. My hands are involved. My hands and my heart are very connected.
Coach	And your hands are involved and hands and heart are very connected. And what do your hands know about letting go?
Client	My hands are open. Hands grip through fear. This feels completely different. When my hands are open there's a flow. I quite like watching whether my hands are open or closed.
Coach	And your hands are open and there's a flow. And you quite like watching whether your hands are open or closed. And is there a relationship between hands open and letting go?
Client	Yes, it's a choice. I haven't realised that before.
Coach	And it's a choice, and when it's a choice what kind of choice is that?
Client	It's a powerful choice.
Coach	And a powerful choice and whereabouts is powerful choice?
Client	It's in my heart area. It's a feeling.
Coach	And a powerful choice in your heart area. And then what happens?
Client	Then I smile - it is a good feeling - happy and fulfilling.
Coach	And you smile - and it's a good feeling - happy and fulfilling. And when it's happy and fulfilling, that's fulfilling like what?
Client	Like eating a lovely meal that's been carefully prepared. It's nourishing and it looks and tastes divine.
Coach	And a lovely meal that's been carefully prepared and it's nourishing and looks and tastes divine. And is there anything else about that meal?
Client	It feeds every part of me. It's prepared kindly and lovingly. The person who made it put their whole heart into it and wanted it to be divine.

Symbolic Modelling – Example 2

Role	Content
Coach	What would you like to have happen?
Client	I would like to create even more space.
Coach	And you'd like to create even more space. And is there anything else about that space you'd like to create more of?
Client	It's a creative space that I want to expand. I know I can be creative but I am not making much happen in that space.
Coach	And is there anything else about that space?
Client	It's beautiful. It's about expressing myself just as I am - through art, poetry or music or anything really. It feels good, exciting. Like a blank page.
Coach	And a blank page, and whereabouts is that blank page?
Client	It's maybe more of a blank canvas than a page. Page is the wrong word. It's like a blank canvas, but not confining. Whereabouts is it? It's coming from my heart area. Instead of 'what can I create?' it's more like feeling it, it's uplifting and not so much effort and overthinking.
Coach	And maybe more of a blank canvas, and it's coming from your heart area and what kind of coming from is that coming from?
Client	It's allowing it to flow and and it's making the space more expansive. It keeps expanding like a never ending story, it just keeps coming.
Coach	And you'd like to create even more space and it's a creative space that you want to expand and it's coming from your heart area and it keeps expanding, it just keeps coming. And is there anything else about that expand and that expanding?
Client	As I start with art on the canvas - especially with colour - it takes me to another space. It emerges as I allow my artistic gifts to flow. The gifts are hidden and not fully expressed - there is more to come from me.
Coach	What kind of more?
Client	I just know I know so much more.
Coach	And when you know you know so much more, whereabouts is that so much more that you know?
Client	It's in my breath, in my whole body. It's in my lower belly and then it goes up and is expressed, just as it is. There's no trying. Just playfulness and enjoying, transforming. It's lovely. There are unlimited possibilities. This is quite some space.
Coach	And when breath is in your lower belly and then it goes up, whereabouts in your lower belly is it just before it goes up?
Client	It is deep, right down into the earth and it comes up and just keeps going.
Coach	And is there anything else about that breath when it's deep and it comes up and just keeps going?

Client	It feels quite powerful, like a breath of fresh air and it carries expression and meaning.
Coach	And it's deep and it's powerful like a breath of fresh air, and is there anything else about the deep of that breath?
Client	Eventually if I stay deeper it becomes more silent. I can feel the silence. Words aren't important. They don't have meaning.
Coach	And silent (pause). And stay deeper (pause). And feel the silence (pause). And words aren't important, they don't have meaning. And when silent (pause) and deeper and breath is deep, is there anything else about that breath?
Client	(very long pause) It starts to feel very expansive, if I sit here long enough I can feel it opening up something, a channel of communication. This is fascinating.
Coach	And if you sit here long enough you can feel it opening up something and how long is that sit here long enough, how long do you sit here, breathing?
Client	Sitting in this space is very nice. It gets deeper and deeper and feels good. It's expansive and there's much more space.
Coach	And it gets deeper and deeper and feels good and it's expansive and there's much more space. And when it's expansive and there's much more space, is there anything else about expansive?
Client	There are infinite possibilities, it just keeps giving, it's ever expanding, Yes, Gosh - it's opening up.
Coach	And it's opening up, and whereabouts is it opening up?
Client	Right up here - out of my mouth, through my voice, from my heart and down my arms and hands. Like a cross. Opening out and up - my whole body expands and has gone more upright.
Coach	And then what happens?
Client	I'm taking up more space, there space around me. I'm feeling that space and I'm allowing myself to breath and then I know I I just need to be creative and pick up a paintbrush and put paintbrush to paper. To practise and try things out and see what it feels like.
