

These ideas were first presented to [The Developing Group](#), 19 May 2018

To facilitate a client to self-model intentions related to their physical symptoms

1. IDENTIFY and DEVELOP the client's **desired Outcome**.
Use the Problem-Remedy-Outcome (PRO) model.
2. LOCATE, IDENTIFY and DEVELOP a **metaphor for the symptom**.
Use the 'Symptom to a Metaphor' process.
3. IDENTIFY the **intention of the metaphor**.
"And what would [symbol] like to have happen?"
Be sure intention is from the metaphor and not the client.
4. COMPARE intentions of #1 and #3.
"And when [intention #3] what happens to [intention #1]?"
5. If *compatible*,
 - 5a. EXPLORE **effects** of #1 and #3.
 - 5b. IDENTIFY **conditions** for when #1 and #3 can happen.
6. If *not compatible*,
 - 6a. IDENTIFY a **metaphor for the relationship** (bind) between #1 and #3.
 - 6b. EXPLORE the metaphor for the bind (keeping *both* aspects in awareness).
7. Whenever a **change** occurs, MATURE the changes.
8. Check changes against any **Problems** identified during #1 to #7.