

## Andrew said what was on his mind: I want to talk about the changes

Sessions of Clean Language on 13 and 20 Sep 2014, with Lea as discussant/facilitator and Judi providing Typing Support.

Andrew was asked what was on his mind with no preliminary agenda. Lea's questions, reflecting A's words back to him, are in left column, A's responses are on the right.

At this time, A was in fine green mode—the nearest seizures on Aug 21 and Sep 30.

CLEAN LANGUAGE QUESTIONS by LEA	ANDREW'S RESPONSES
What kind of changes?	Everything in my life. The things I love the most sometimes change without my knowing.
Size or shape of changes?	My life is huge.
Huge like what?	It is so big I can not describe every detail. It is full of many different things that change all the time.
Anything else about huge	It is always changing.
What kind of change	Into different things to try. I get used to something and it feels good then I cannot change without it being difficult.
What would you like to have happen?	Things to stay the same forever.
Anything else about change?	It is not always a bad thing but it is hard to do when it is comfortable.
What would you like to have happen when It is changing and you would like things to stay the same forever?	Things to be calm and good in my life. I can get used to things if I try them but change is not the best thing for me. I like to know what to expect and make changes gradually.
Gradually like what?	Going slow and talking about it and choosing for myself.
Anything else about gradually?	It needs to happen all the time, not just surprise.
Shape or size of gradually	It happens in small steps and with people I trust
What kind of steps?	Little steps that are like the stones in my garden. One at a time to get across the paths.
Anything else about paths?	A journey to get where I need to go and the small steps take me there slowly.
What kind of journey?	It is a journey that makes my life better even though I do not see it at the time I am stepping on each stone.
Anything else about stepping	It is sometimes bumpy and hard to move.
What would you like to have happen when bumpy and hard to move.	Have the stones be bigger so I can have more to be on.
What kind of bigger	It will carry me like an iceberg in the ocean.
Anything else about bigger?	If the stones are bigger then I can rest easy and not fall off.
What needs to happen for bigger (stones)?	The more time I have to plan and make the changes then it is a bigger stone to step on.
Anything else about all of that?	I like to have time to plan and make the choice to change before I have to make it happen.
What Kind of time	To think and talk about it and tell you how I feel about the new things.
Anything else about journey	Takes me to new places and new people in my life. It is always good but I never like the first steps to getting there.
What Kind of paths	Paths are sometimes long and take a long time to get there. It is a hard and rough path.
What Kind of there	It is the place I choose to be. It is new and it gives me new life experiences that are always making you grow.
Whereabouts is there	It is always a faraway place.
Size or shape of there	It is a big place that is new.

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Relationship between my life is huge and big place that is new.	My life is always going to be changing and it gets bigger.
What needs to happen to get there?	It is going to take a long time to get there.
Anything else about that?	It is far away.
Whereabouts is far away?	It is in the future when you get there.
Size and shape of paths	Yes, the paths are long and winding. Like a path in the forest.
Anything else about that?	It is a long path that sometimes takes me to a new place I never planned to be and it is new but scary also.
What would you like to have happen?	I want a fun way to get to the new places and if we talk about it and plan together it is a much more enjoyable journey to get there.
What kind of fun	It is relaxed and I am happy.
Fun like what	It is a good place to be. No fear and it is fun.
What might that place be?	I need to keep my mind moving and learning new things. It is enjoyable to challenge myself. I like to be good at what I do but I learn from trying.
Is enjoyable the same or different from fun?	It is the same sort of but fun is the ultimate.
Is there anything else about fun?	Fun is doing and being where I want to be
Does fun have a size or shape?	Fun is a big round ball that bounces with every good idea that I have
What colour is that ball?	It is red and orange.
How big is that big round ball?	It is big like an ocean. It is not wet.
Whereabouts is big round ball?	It is surrounding me and I am inside. Inside like a big bubble.
Is there anything else about all of that?	It is a good feeling.
That's a good feeling like what?	Like I am in a safe place. I am in my home.
What would big round ball like to have happen?	It would like to bounce. It needs to be enjoyed by all who see it.
What needs to happen for ball to bounce?	It needs your help.
When it needs your help, what kind of help is that help?	A push to get moving and go bouncing.
What needs to happen for push?	I need to move.
Move like what?	Move like water flowing. It is like a rush of waves that feel like a roaring ocean.
Ocean?	Is a big place that takes over all of my body and I am in the middle. I am the centre of enjoyment. If I do not like being there it will not be fun for me or anyone.
Whereabouts is ocean?	It is surrounding me and I am in the middle floating.
What's the relationship between ocean and big bouncing ball?	It is big and free. The ocean flows freely and the ball bounces freely.
Is the ocean in the ball or is the ball in the ocean?	I am bouncing the ball in the ocean as I float.
Is the ocean inside of the ball or outside of the ball.	The ocean is around me and the ball. This sounds funny.
Are you wet?	No I am floating.
What would you like to have happen?	I want to float like a ball on the water and feel free to go where I want.
And can this happen?	I want to feel the push of the current that makes me go.
What needs to happen to feel the push of the current?	The people in my life are the current. It is the way they push me to get moving that makes my life go when you learn new things.

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Is there anything else about all of that?	It is a feeling that I have done something good to improve the world in some way. This makes me feel happy.
What is the relationship between learn new things and happy?	Growth in myself and others I love.
What's the relationship between learn new things and struggle?	I am in a constant struggle with new things I want to do but find it difficult.
Is there anything else?	The struggles make me stronger because I keep trying and going until I get it right. It is an aggravation if I do not keep trying and frustrating to not get it right but so happy to get to the end when I have learned something new.
That's new like what?	New like the beginning of a new race.
Is there anything else about race?	Race is the struggle.
Is there anything else about struggle?	It is a hard thing that takes a lot of work. I have determination to get through struggles.
And is there anything else that you want to have happen?	I want to keep moving so I get through the struggle.
What's the relationship between struggle and roaring ocean.	It is hard to hear and feel when the roaring ocean is behind me but it keeps me moving to the places I need to be.
Where does roaring come from (when roaring ocean?)	It is busy and the result of being big. Struggles are a way to learn and with each I learn something new but it is a long way to get there.
What's the relationship between race and big bouncing ball.	The race is the struggles and the challenges in my life but the ball is the place I end up at the end of the race
When race, whereabouts is ball?	The ball is with me when I finish the race. I am bouncing inside the ball in the ocean.
Is there anything else about that?	I feel like a big red ball bouncing when I am happy to have completed a race.
What would you like to have happen when struggle, when race?	The people in my life are cheering me on and moving me forward. I need the ocean for the people.
Sept 20 <sup>th</sup>	
Size and shape of fun	Is everything a shape? It is not. It is hard to see in a shape. It is floating.
Whereabouts is Floating	It is like the ice in the water.
What is the relationship between ice in the water and iceberg in the ocean.	It is a way to get there from both places. It is important take a safe way to get there.
Anything else?	It is a place I need and want to be.
Anything else about safe?	It is a good place with the things I need.
Is there anything else?	Yes, it is good just like change is good but difficult to see that in the beginning. In the beginning it's like a new thing.
Is there anything else about new thing?	It is a new beginning with new possibilities that give me new ideas to be a new man. I need to find the way to make the changes in my life an easy thing to do.
Easy like what?	Good without the struggles.
Relationship between good without the struggles and fun?	It is happiness. Being content and not fearful of change.
Being content and not fearful of change is like what?	It is where I want to be all the time.
What's that like (where you want to be all the time)?	It is happiness.
What kind of: happiness	Being where I want to be.

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Size of shape of happiness	It is a big place in the forest. The green forest where I enjoy being.
Same as or different from path in the forest?	It is the same forest but the path through is hard to get through sometimes.
Whereabouts in the forest is big place in the forest (happiness)?	In the middle of the forest where it is safe and green.

After our clean language sessions we talked some more and Andrew agreed that he has to get from long windy path onto the iceberg to get to the big place in the forest. He has to have more fun. Then he can get to that place in the forest in this moment (it doesn't have to be a long time to get to that place where he wants to be).

September 15<sup>th</sup>: What did you learn from the clean language session?

A: I learned that I am a person who is willing to change. I think that change is great. I think the struggles are a part of life.

L: How can we make the struggles more fun?

A: Make it fun by learning.

September 20<sup>th</sup>: What did you learn today?

I think I have many things to think about and I need to sort the thoughts.

L: Is it possible to be in the bubble while you are in the race?

A: Yes, I want to be there, but during the race it is not always fun.

L: Would that be a goal, to have fun while learning (being in the race).

A: Yes, I would like to set good goals. A goal of being a good runner is number 1.

L: I wonder how we could bring the ball into the race. Do you have any ideas?

A: I need more good goals to keep me running in the race. The more good things I have happening in my life, the more focused I am on getting to the end of the race.

L: What if during the race you had the big red ball. Is that possible?

A: Yes, that sounds like a good way to get to the end.

L: But if the ball is already there, you wouldn't need to get to the end.

A: I like that idea very much. How do I do this?

L: What needs to happen for big ball to be in race?

A: I need to keep bouncing like a ball.

L: What needs to happen to keep bouncing like a ball?

A: I need to tell everyone I am going to keep going and do my best. Then I will have the support of my family and friends to get there. I am loved like a big ball on a beach.

L: Can the big ball be on the race track?

A: It is everywhere I am.

L: So that means you can fun everywhere you are?

A: Yes, fun is a place and a feeling of being where you need to be, not a location but a place of being...The beach is a nice place to be.

Judi: What would a painting look like?

A: It would be water and red ball in the middle. And I would be running around the ball bouncing. With supported painting.