

## Desired Outcome: To Be A Better Runner

Andrew supported by Judi in conversation with Lea, 2 Feb 2013

Words That We Developed (Trying To Get Metaphors For)	Description Of Words (We developed bolded words even more)	Further questions to think about
Better	<ul style="list-style-type: none"> <li>I want to <b>run without stopping</b>.</li> <li>I need to keep up with Travis so I don't slow him down.</li> </ul>	
Run without stopping, then what happens?	<ul style="list-style-type: none"> <li>I can prove to myself I am a <b>good</b> fast runner.</li> </ul>	
Good	<ul style="list-style-type: none"> <li>I don't need to stop for breaks and I can be a <b>determined</b> and <b>focused</b> man.</li> <li>Completion</li> </ul>	
Determined, Focused, Good, Better	<ul style="list-style-type: none"> <li><b>Exciting</b></li> <li>Responsible</li> </ul>	
Exciting	<ul style="list-style-type: none"> <li><b>Huge and big</b> with unlimited joy.</li> </ul>	
Huge and big	<ul style="list-style-type: none"> <li><b>Beyond reach</b> right now.</li> </ul>	Reach like what?
Beyond reach	<ul style="list-style-type: none"> <li><b>Where I want to be</b>.</li> <li><b>Working hard</b> and making myself do what I need to do.</li> <li>Reach for a <b>very big dream</b>.</li> <li><b>Going towards something</b>.</li> <li><b>Trying</b></li> </ul>	
Where you want to be	<ul style="list-style-type: none"> <li>I am in a good place now but there is always room to grow.</li> </ul>	What kind of grow? Is there anything else about grow? Grow like what?
Trying	<ul style="list-style-type: none"> <li>Push myself forward to make it happen.</li> </ul>	What kind of push is that push? Is there anything else about push? Push like what?
What happens right before 'going toward something'	<ul style="list-style-type: none"> <li>I get <b>scared</b> that I won't be able to do it and not being successful is fearsome.</li> <li></li> </ul>	
Scared	<ul style="list-style-type: none"> <li>I am anxious and get very sad.</li> <li>I don't like to feel that.</li> <li>I don't like to think about it.</li> </ul>	Does scared have a size, shape or colour?
Something (Reference to 'going toward something')	<ul style="list-style-type: none"> <li>A new thing or dream that will bring me <b>joy</b>.</li> </ul>	
Joy	<ul style="list-style-type: none"> <li>It is being full of hope and peace and knowing that I have done my very best.</li> <li>It is so big I cannot explain.</li> <li><b>Green</b> and yellow.</li> </ul>	Whereabouts is big? Does big have a size or a shape?

Green (and yellow?)	<ul style="list-style-type: none"> <li>It may be me with Yukon.</li> </ul>	
Me (Reference to 'me with Yukon')	<ul style="list-style-type: none"> <li>I am <b>smiling and running</b> with Yukon and we are in a <b>field</b> of green and yellow.</li> </ul>	What happens right before smiling and running?
Field (Reference to 'field of green and yellow')	<ul style="list-style-type: none"> <li>It just keeps going and going. It is never ending.</li> </ul>	And where does field come from?
Dream (Reference to 'very big dream')	<ul style="list-style-type: none"> <li>It is happiness.</li> <li>My dreams are in my thoughts and my heart.</li> </ul>	
Running and smiling	<ul style="list-style-type: none"> <li>I see my family and friends cheering.</li> <li><b>Very big dream is fulfilled</b></li> </ul> <p>What happens next?</p> <ul style="list-style-type: none"> <li>I keep moving to keep the dream alive.</li> <li>I need to keep working hard to keep the dreams alive. It never stops.</li> </ul>	
Going toward something	<ul style="list-style-type: none"> <li>I feel so good and alive like a runner in a marathon going for the finish line.</li> </ul>	
When dream is fulfilled, what happens to scared?	<ul style="list-style-type: none"> <li>My fears become a memory.</li> </ul> <p>And then what happens?</p> <ul style="list-style-type: none"> <li>My body is <b>free</b> and able, like a plunge into the water.</li> </ul>	
Free (Reference to 'body is free and able')	<ul style="list-style-type: none"> <li>Freedom from all that limits. I am a runner with a dream to keep going regardless.</li> </ul>	

### The Rough Script

- What would you like to have happen?
- I am planning to be a better runner.***
- Is there anything else about better?
- I want to run without stopping. I need to keep up with Travis so I don't slow him down.***
- And when you run without stopping, then what happens?
- I can prove to myself I am a good fast runner.***
- And is there anything else about good?
- I don't need to stop for breaks and I can be a determined and focused man. (later, Andrew also said "it is completion")***
- And determined, focused, good fast runner, and better runner. That's all like what?
- It is exciting and responsible.***
- And is there anything else about exciting?
- If I tell you it is good will I need to explain that also?***
- Yes, I will be asking you about exciting and good. Is there anything else about exciting?
- It is huge and big with unlimited joy.***
- Whereabouts is huge and big?
- It is beyond my reach right now.***
- Is there anything else about beyond your reach?
- No. It is where I want to be.***
- Is there anything else about where you want to be?
- I am in a good place now but there is always room to grow.***
- Whereabouts is beyond your reach?
- It is working hard and making myself do what I need to do.***
- What kind of reach is that reach?
- I think it is a reach for a very big dream.***
- Is there anything else about beyond your reach?

***Going towards something. Trying.***

- And is there anything else about trying?

***To push myself forward to make it happen.***

- And what happens just before going toward something?

***I get scared that I won't be able to do it and not being successful is fearsome.***

- And what kind of scared is that scared?

***I am anxious and get very sad.***

- And is there anything else about scared?

***I don't like to feel that.***

- And what's that scared like?

***I don't like to think about it.***

- Going toward something. Is there anything else about that something?

***A new thing or dream that will bring me joy.***

- What kind of joy is that joy?

***It is being full of hope and peace and knowing that i have done my very best.***

- And does joy have a size or a shape?

***It is so big I cannot explain.***

- And is there anything else about joy?

***Green and yellow.***

- And is there anything else about green?

***It may be me with Yukon.***

- And what kind of you is that you?

***I am smiling and running with Yukon and we are in a field of green and yellow.***

- And is there anything else about that field?

***It just keeps going and going. It is never ending.***

- And when smiling and running what happens to very big dream?

***It is a dream fulfilled.***

- What happens next?

***I keep moving to keep the dream alive.***

- And is there anything else about dream?

***It is happiness.***

- And where does dream come from?

***My dreams are in my thoughts and my heart.***

- And when smiling and running with Yukon in a field of green and yellow, what happens to working hard?

***I need to keep working hard to keep the dreams alive. It never stops.***

- And is there anything else about smiling and running?

***I see my family and friends cheering.***

- And friends and family cheering, and going towards something, is there anything else about going toward something?

***I feel so good and alive like a runner in a marathon going for the finish line.***

- And when dreams fulfilled, what happens to scared?

***My fears become a memory.***

- And then what happens?

***My body is free and able, like a plunge into the water.***

- And is there anything else about free?

***Freedom from all that limits. I am a runner with a dream to keep going regardless.***