

Verbatim transcript of Penny & James facilitating a Symbolic Modelling coaching session, "Golden ticket to a dance party" (2015)

This transcript illustrates 15 examples of (variations of) the, *And when X, what happens to Y?* question starting at line 31.

1. F: And what would you like to have happen?
2. C: I would like that I would not procrastinate on the things in my business that bore me.
3. F: And you would like that you not procrastinate on the things in your business that bore you.
[C: Yes] And when you don't procrastinate on things in your business that bore you, then what happens?
4. C: Then I get closer to where I envisage my business being.
5. F: And then you get closer to where you envisage your business being. [C: Yes] And when you get closer, what kind of closer is that?
6. C: It's happy.
7. F: Happy, anything else about that closer?
8. C: There is more confidence, that happy is a weight off the shoulders.
9. F: When you get closer to where you envisage your business being, [C: Yes] And when you envisage your business being, where do you envisage that business?
10. C: Here.
11. F: Here, whereabouts here?
12. C: About arms distance away from me [gesture].
13. F: Anything else about a business that's a [gestures to location of business] distance away from you?
14. C: It's purple.
15. F: And it's purple. And anything else when a business is purple?
16. C: It's like that there's ... a maze, and I can see things flowing through the purple. Like veins kind of. Like it's a body as well, but it's just flowing, everything is flowing.
17. F: And everything's flowing, and it's veins and like a body, and what kind of flowing, is that flowing?
18. C: Smooth and fast
19. F: Smooth and fast, and that's a smooth and fast flowing of that purple, like a maze, with veins that's like a body. And that's where you envisage the business [C: Yes], that you would like to get closer to [C: Yes]. And when the business is there [gestures], and closer is happy and more confidence, is there anything else when closer is happy and more confidence and purple is there?
20. C: There's something here, [pointing] and it's like vibrating [hand movement] and shaking and it's bigger than the purple. And it's making me feel emotional.
21. F: And something is vibrating and shaking and bigger than the purple, anything else about this something, when you feel emotional?
22. C: It's making my heart race.

23. F: Making your heart race, and feel emotional, and when it's vibrating what kind of vibrating?
24. C: Like a small jittery, vibrating and it's going right through me. Like I can feel it vibrating past my body.
25. F: So a small jittery vibrating, going through you, and a heart racing, and when a vibrating here, that goes through you, what would you like to have happen?
26. C: I would like it to bugger off. [chuckles from all]
27. F: And when you would like it to bugger off, and when you'd like it to bugger off, what would that vibrating like to have happen?
28. C: Its stops.
29. F: It stops... [C: Yep]. It would like to stop.
30. C: Yes, it's like I would like a wall to come down so that the vibrations wouldn't come through, and the wall is gold.
31. F: A wall of gold, and you would like a wall of gold to come down and that would stop the vibrations coming through you, **and then what happens to** a heart rate?
32. C: It starts to slow down.
33. F: **And so** the heart rate starts to slow down [C: Yeah]. **And then what happens to** the emotion?
34. C: It is still here in my heart but it's like, it's confused.
35. F: It's still here in your heart but it's confused.
36. C: Yes. [Pause] It can't figure out what the next move is.
37. F: Heart can't figure out what the next move is, when that wall of gold has come down. **So when** heart cannot figure out what the next move is, purple business, wall of gold, and vibrating, **what happens to** this vibrating **when** there is a wall.... of gold?
38. C: I know it's still there. It's not really stopping, it's just that I don't have to look at it or feel it.
39. F: So you don't have to look at it or feel it but you know it is still there.
40. C: Yeah like I can sense it, it's not going to get past but it's still there. ... I think the wall just subsides it for a little bit for me.
41. F: It subsides it. **And so when** that wall subsides it, a little bit, **what happens to** the business and the flow through the body?
42. C: That starts to go ok for a little bit and it's nice, and that's happy, but then I can feel the vibration coming through the wall.
43. F: So when this [gestures to location of business] is going nicely and happy, then you can feel some of the vibration coming through the wall, and so when those vibrations come through that golden wall, what would you like to happen?
44. C: I'd like to be able to condense it and make it smaller and to have a conversation with it. And the conversation would be calm and I would ask it what I need to learn, and to thank it, and then I could put the wall back up, and then look at my purple business.
45. F: So you want to shrink it and then you can have a calm conversation, and ask what can I learn, and then you can put the wall back up.
46. C: Because it needs to be there.

47. F: This [gestures to location of wall] needs to be there.
48. C: It's helping me.
49. F: The vibration needs to be there, or the wall needs to be there?
50. C: The vibration needs to be there but the wall needs to be there as well, if and when I need it, if it gets too strong.
51. F: So it is when it gets too strong you need the wall, if and when you need it. [C: Yes]. And the vibration needs to be there. And that's a vibration, anything else about that vibration that needs to be there?
52. C: It keeps me real [gestures to right], and not off with the fairies. Where are they? ... They're here [gestures to left side almost on shoulder]. [chuckles]
53. F: The fairies are there [gestures to location of fairies] So keeps you real and not off with the fairies, anything else about this vibration, when it keeps you real?
54. C: It's my friend, a friend that tells you like it is.
55. F: A tells-you-like-it-is friend, anything else about a friend like that?
56. C: They've got to be there, they have to stay.
57. F: So they have to stay. **And so when** they have to stay and they're a friend and they tell it like it is, **what happens to** wanting them to bugger off?
58. C: I need to have a better relationship with this friend, so that we can communicate and I can learn because it is there for a reason, instead of ignoring, because that makes me a crappy friend.
59. F: And when you need to have a better relationship with it, is there anything else about that relationship?
60. C: It's two-way.
61. F: And a two-way relationship.
62. C: So I need to listen, and they need to listen too.
63. F: And it's two way, they need to listen and you need to listen. And when they listen, and you listen that's a two-way relationship and they can tell it like it is, and keep you real, and then that's a two-way relationship like what?
64. C: [Pause] Kinda like a marriage, I guess, but like a coupling of sorts, like a best friend, like a soul mate kind of thing. That pisses you off but that's ok.
65. F: So like a soul mate. That pisses you off but that's ok. **And** a soulmate and like a marriage and a two-way relationship, **what happens to** golden wall?
66. C: It's not there anymore.
67. F: **And then so what happens to** heart rate?
68. C: It's still fast but it's a happy fast.
69. F: A happy fast, [C: Yeah] **and then what happens to** emotion?
70. C: It's a lighter emotion, and I can hear the fairies singing behind me.
71. F: So you can hear the fairies singing behind you and it's a lighter emotion, and when it's a lighter emotion, it's lighter like what?

72. C: Like the sun.
73. F: Like the sun, what kind of sun is that sun?
74. C: Like the sun that is painted on somebody at a kids party but it's not very good but it looks really funny.
75. F: A funny painted-on sun. And where is that funny painted on sun?
76. C: [Laughing and pointing] On my face.
77. F: **And** a funny painted on sun is on your face, and you can hear the fairies and a soul-mate-marriage relationship and vibration that needs to be there, **what happens to** confidence?
78. C: It's like coming out of my heart like that, [gestures] like disco lights.
79. F: And when it's coming out of your heart, it's coming out ... from where from your heart?
80. C: From the centre.
81. F: From the centre of your heart What kind of centre is the centre of your heart?
82. C: A party [chuckles].
83. F: It's a party at the centre, and so from the centre there's a party and it's coming out like [gestures]. Anything else about the coming out from that party at the centre?
84. C: Well I'm smiling because I have a painted on sun face and then my friend is very happy and the fairies are singing and then the purple business has everything going on like that [rolling arms gesture] like a massive dance party. [Laughter]
85. F: So it's like a massive dance party. [C: Yes], And then what happens?
86. C: And then I am happy.
87. F: And then you're happy? **And then what happens to** a business that is purple with a flow?
88. C: It keeps going [gesturing with arms rolling] and it doesn't stop. Like it's just continually moving.
89. F: **And what happens when** things in business get boring?
90. C: I have a chat with my friend, and I listen to what they have to tell me and then I talk back to them and we have a good conversation and then we put the disco lights on and paint our faces and listen to the fairies. [Laughter]
91. F: So you have a chat with your friend, when the business gets boring, and what kind of chat is that chat that you have?
92. C: My friend is telling me that you need to do this, get it over and done with, so we can have the dance party.
93. F: So to do it, get it over and done with [C: Yeah], then you can have the dance party [C: Yeah]. **And so when** your friend says that, and you have that two-way conversation, **what happens to** procrastination?
94. C: It's not there because I know I will enjoy the party more than ignoring ... what needs to be done.
95. F: So you know you will enjoy the party, that comes after. **And when** you know you will enjoy the party, **what happens to** a purple business?
96. C: It's getting bigger and the little maze vein part thing has actually turned into gold.

97. F: It's getting bigger, and the maze part has turned into gold. And then what happens?
98. C: Then we're partying all the time.
99. F: And then you'll party all the time and when there's boring bits of the business you'll have that chat with your friend and you'll know that there's the party, and then you'll get on with it. And when there is that know, where is that know, that you know you are going to get on with it?
- 100.C: [Gesturing to toes] From my toenails to the top of my head [gestures to head].
- 101.F: From the toenails to the top of your head. And is there anything else about what's from the toenails to the top of your head?
- 102.C: I feel my feet like they want to start dancing. [laughter]
- 103.F: Dancing feet [C: Yeah], and that's you'll know, that you are going to get on with it, and then you can party [C: Yes]. **And with all that, what happens to** those fairies?
- 104.C: Ah, they just like to hang out there, that's their space. The VIP fairy room where they just hang out.
- 105.F: That's their space, the VIP fairy room, and with all of this, is there anything that vibration needs to say about keeping it real?
- 106.C: It says calm down, don't get too excited, you will enjoy this more when you do the not-so-boring stuff, because it's actually not even that boring, it will give me what I need to have.
- 107.F: So it can give you what you need to have. And is there anything else you need now, in relation to your business.
- 108.C: No, I am good, I am ready to party.
- 109.F: Good you are ready to party, and is there anything you need in relation to not procrastinating when there's the boring bits of the business?
- 110.C: No, I feel excited about what I used to think was a boring part, it's just a part. Like a ticket to the dance party.
- 111.F: Like a ticket to the dance party. So doing the boring bits is like a ticket to the dance party
- 112.C: Yeah. It will allow me to go there.
- 113.F: That's the ticket that allows you to go. [C: Yes] Anything else about that ticket?
- 114.C: [Laughing] it's like the golden ticket from Charlie and the chocolate factory. [Laughter]
- 115.F: It's a golden ticket.
- 116.C: Yeah. I know when I see that ticket, I can take it and do the work and then go to the party.
- 117.F: **And then what happens to** the golden ticket.
- 118.C: It gets recycled because, that's the good thing to do, because it will need to come back, because I can't be at the party all the time.
- 119.F: And then it's there next time [C: Yeah], and it's recycled? [C: Yeah], and so is it OK if we stop there?
- 120.C: Wonderful. I have a party to go to. [Shared laughter]

ENDS after 23 minutes