

Metaphor Prompt Guide

Speaking in Images When Words Feel Unsafe



Purpose

Metaphor can allow for honest expression without feeling over-exposed. This worksheet supports your clients in developing a symbolic language when direct discussion feels overwhelming or unsafe.



Instructions (Client-Facing)

Choose one or two prompts that resonate. You may write, draw, or describe verbally.



Metaphor Prompts

- My eating disorder is like a...
- If my relationship with food were a landscape, it would look like...
- The part of me that controls food is like...
- Hunger in my body feels like...
- Recovery feels like standing at the edge of...



Deepening Questions

- What does this image need? What would help it feel safer?
- When picturing this image, how do you feel in your body?



Closing Reflection

- What surprised you about the image that emerged?

Therapist Note:

Use this worksheet to soften shame and open meaning-making. Avoid rushing toward change.