

# Metaphors of Movement Workshop

With Andrew T. Austin

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## Some Examples of Metaphors of Movement:

- “Best foot forward.”

**Sample Question:** *When you put your best foot forward, is it your left foot or your right foot that you put forward?*

- “Stand up for yourself.”

**Sample Questions:** *When you stand up for yourself, as opposed to just standing up, how do you stand differently? What kind of standing up is that?*

- “Making the first step.”

**Sample Question:** *When you make that first step, how far do you step?*

- “Taking the next step”

**Sample Question:** *When you take the next step, what kind of step is that and how does it differ to the first step?*

- “I feel it is out of my reach.”

**Sample Question:** *How far is that in terms of spatial distance?*

- “I just want to let go of the past.”

**Sample Question:** *When you let go, with which hand do you let go? How exactly do you let go?*

- “I’m holding on to the hurt.”

**Sample Question:** *How do you hold it and with one hand or both?*

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