

## Worksheet 1.3

## The cushions metaphor

Imagine that your symptoms are a cushion that you have to carry. You don't want to carry it. Carrying this cushion makes things more difficult to move around than if you didn't have to carry it.

What if we added another cushion on top of the first? Does it get a little more difficult to move? And if we added another two, five, ten? Does it get difficult to balance or even see past the pile of cushions you are now holding?

These other cushions are like the additional problems that your symptoms have led to in your life. For example you may have stopped doing activities that you enjoy or stopped socialising.

Maybe we can't get rid of the first cushion of your symptoms. Instead we can learn to deal with the additional pile of cushions that has grown alongside your symptoms.

Have a go at filling in your own situation in the cushions on the right. In the bottom cushion fill in your symptoms. In the other cushions above this fill in the other difficulties that have occurred as a result of your symptoms.

