



## Checklist 8: Employing Metaphors

This checklist helps you track your proficiency and areas for growth in utilizing metaphors effectively:

### In Conversation, You Should Be Able to:

- Skillfully employ a metaphor;
- Discern the underlying dynamics shaping another's beliefs;
- Select a metaphor that resonates with the other person's worldview;
- Invent a fitting metaphor that opens up new perspectives and creates space;
- Demonstrate creativity in applying metaphors, proverbs, and poetry;
- Identify situations where a metaphor or story can subtly influence on a subconscious level.

### For Personal Development:

- Craft and apply metaphors that solve challenges and create space.