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# Metaphor Diary

1st Degree Paper for *The Historia Illius Itineris*

On this day - 26 June 2015

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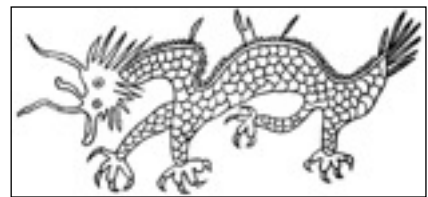


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## The Metaphor Diary

We strongly advise members to record their metaphors and metaphoric explorations in a diary that you bring to meetings. There is no mystical purpose and the function of the diary is purely a practical one.

The metaphors you explore today and are only explored according to your current understandings. Next month you may learn something new which may reveal a whole new layer in your metaphors of which you were previously entirely unaware.



For practicality sake, a blank page book no smaller than A5 size is recommended to enable you to draw and record your metaphors. Be sure to record the time, date and the *location of the elicitation*. This will more easily enable you to observe over time how location affects your metaphoric taxonomy and coping strategy.

You may find it easier to combine this with your dream diary. No one from *The Historia Illius Itineris* will ever ask to see your diary and it remains entirely confidential to you should this be your wish.

You may also consider using your own records of your metaphor explorations as the basis of the Patchworkings that you will be writing to guide other people through the metaphoric plane.