

# THE LIFEBOAT METAPHOR VISUALIZATION

Created By Rebecca McLean for the Circle of Life Coaching Process™

## Instructions

**TIMEFRAME:** Allow around 3 minutes to read the script and 3-5 minutes for a discussion afterward, for a total of 6-8 minutes.

**PREP:** Encourage people to get comfortable in their seats (have them in as comfortable chair or position as possible).

**COACH NOTES:** Some coaches have the tendency is to talk too fast during a guided relaxation. Note the dots in the script. The dots ..... are places to pause in the script. Make sure you are breathing deeply yourself, and that will help you pace yourself. Coach starts by leading in brief breathing & body relaxation for 30 seconds-1 minute.

# THE LIFEBOAT METAPHOR VISUALIZATION

## Script to Read

Right now, I will be leading you in a brief, about 3 minute long, guided imagery called the Life Boat Metaphor. Please allow yourself to get comfortable.....

As I lead you through this visualization, please don't be concerned if you do not get an image or picture. Some people are not very visual; so some of you may receive insights or information that come through to you as a feeling, an intuition, a sensation,.... or as a thought or word..... *Perhaps, something may even come later in the next few days.*

Now... I invite you to relax, by taking 3-4 deep, cleansing breaths... ..let's inhale deeply... expanding your belly..... and as you exhale, allow any tense muscles relax .....

With each breath, allow yourself to relax a little more. Let's take in another deep belly breath in..... and out.....letting out a sigh of relief as you exhale..... ahhhh..... And lets do just one more... deep breath in ... and then exhale out....ahhhh (Coach allow time for 3 breaths)

Okay..Imagine now... that you are in your lifeboat.....

Are you clear on your destination...do you know exactly where you want to go?.....

Or are you not clear on your direction? and are you allowing the waves to take you wherever they go?

Next, take inventory of the resources in your boat. Are you prepared with what you need for the journey ahead? ... food, supplies, raingear, and flashlight for when it's

dark?..... And do you have a map so you know how go from where you are now.... to get on the most direct path to where you want to go?.....

Now..... notice do you have oars in your boat? ...Your oars are your skills, those things that you know to do... that move you forward more effectively and easily. Your oars could be how to communicate, or knowing how to listen to your intuition.... or what nutrition is best for you...

So... do you feel you have the oars that can propel you towards your desired destination?.....

Or, do you need a set of oars that you do not have?.....

And if you do have oars...are you using them? .....Or are they just sitting in the boat?

I would like you to be aware.....

Is there anyone in your lifeboat with you? Do you find the person, or the people in your lifeboat encouraging and cheering you on? And are they giving you the real support that you need.... to more easily, joyfully, and successfully move forward to where you want to go?

Or is there a person in your lifeboat who is heavy? ... And is this person weighing your lifeboat down.... making it extra hard to go forward, because you have to carry their weight too?..... Or is there someone in your lifeboat that is back paddling... because

they don't want to go where you want to go..... Perhaps, they may even need their own boat, so they can go in the direction that they want to go.

Next, take inventory...do you notice any leaks in your boat? There could be small, chronic leaks, like negative thinking or habits..... being in a draining situation or relationship.....Or perhaps you have a BIG hole in your boat.... which makes you spend most of your time & energy bailing your boat.... making it almost impossible to move forward...or feeling like you are going nowhere.....

Also..how well are you able to navigate through the inevitable storms that come? Do the big waves overwhelm and overtake you? Or do you know how to ride the big waves?

And do you find yourself continually going into the same stormy waters over and over again?.....  
Or do you know alternative routes to avert the storms, to find calmer, sunlit waters, where you  
can more easily and more joyfully flow through?.....

“Okay... Now slowly, I would like you to start taking some deep breaths in and out, perhaps wiggle  
your fingers and toes..... and then gently move or stretch your body and open your eyes.” (take a  
few moments to allow everyone to wake up.)

The visualization of the lifeboat is used as a metaphor for your life.

This exercise can help you to become aware of your subconscious messages and your internal  
belief systems. This reveals how you “really feel inside” about your life currently.

Our subconscious or inner beliefs, makes up is 85% of what really rules our life. Our subconscious  
is expressed through symbols, feelings, and images rather than rational thinking or words.

Would someone be willing to share what he or she experienced in this process?” And of course,  
no one has to share. If you want to keep it private, that is fine.

**COACH NOTE:**

After people share their experiences, then you may want to state the last paragraph as written below:

*“We use this guided imagery of the lifeboat metaphor, which is a metaphor what we will be doing in the upcoming sessions. The Circle of Process will help you to improve how directed, well equipped and well supported you are on your journey to your next chosen destination.”*