

# Caught in Quicksand

Use this graphic as a visual metaphor of the things clients are doing that keep them stuck. Clients often feel like they must battle their own thoughts and feelings without realizing that such battles only cause them to be further sucked into those thoughts and feelings.

## *Sample Script*

Do you ever feel like the more you try, and the harder you work, the worse things get?

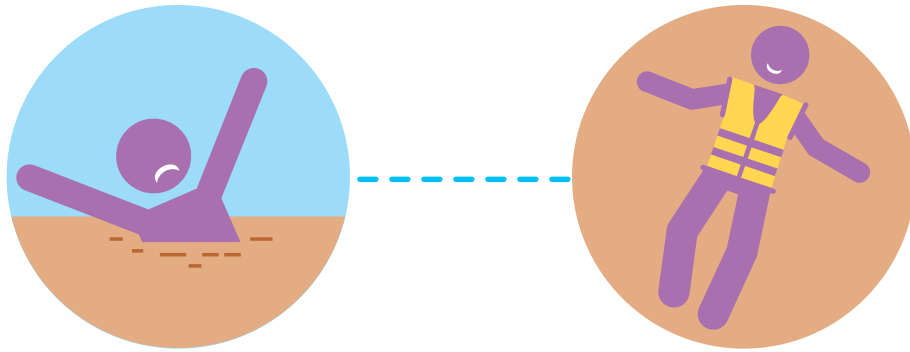
Maybe it feels like you're caught in quicksand. If you fall into a quicksand pit, the more you struggle to get out, the more it sucks you under. Instead, the best thing to do is to increase the surface area of your body. Although this seems counterintuitive, if you actually lay back and spread your body out, more of your body is in contact with the sand, which allows you to "float" on the sand.

In a lot of ways, your battles with your own thoughts and feelings can end up being similar to being trapped in quicksand. If you are constantly fighting against your own internal experiences, you may feel like you are drowning or being pulled in deeper. But if you are willing to let go of the struggle, you may just end up floating with your experiences—even if they don't go away—and you can use your energy to swim toward what matters to you.

What are some thoughts or emotions you have been struggling with? Has fighting with them helped, or has it sucked you deeper into them?

If you learned to float with these thoughts and feelings, what valued direction would you want your life to go in?

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What thoughts have you been struggling with? What other thoughts do you get sucked into when you struggle with them?

What emotions have you been struggling with? What other emotions show up during those struggles?

If you learned to float with these thoughts and feelings, what important things in your life would you move toward?