

## **Back to the Future Pattern**

### **I. Identify Presenting Problem/Feeling and Elicit Metaphor**

- a. Is [Presenting Problem] inside or outside of your body?
- b. Where is [Presenting Problem]?
- c. And what is [Presenting Problem] like?

### **II. Identify the First Instance of the Presenting Problem**

- a. And go back to a time just before the event that caused [Presenting Problem]
- b. And how old could you be the very first time [Presenting Problem]? (Answer is [First Time Age])
- c. And what is [First Time Age] wearing? (Answer is [First Clothes])

### **III. Go Further Back and Find Peace and Helper**

- a. And go back before [First Time Age] with [First Clothes] to a time he/she had Peace — it could be before his/her birth or after his/her birth.
- b. And how old could he/she be? (Answer is [Peace Age])
- c. And he/she has peace. And if she had a helper to help [Peace Age]. Who or what is that helper? (Answer is [Helper])

### **IV. Return to First Instance with Peace and Helper**

- a. And would [Peace Age] with Peace and [Helper] be interested in going to [First Time Age] with [First Clothes]?
- b. (Assuming Yes) And what happens next when [Peace Age] with Peace and [Helper] go to [First Time Age]?
- c. What would they like to do together?
- d. And is there anything else that [First Time Age] needs with [Peace Age] and [Helper] with Peace?

### **V. Grow Up to Now**

- a. And would he/she be interested in growing up to current time with [Peace Age] and [Helper] and Peace?
- b. And how would you like to go back to now?
- c. And what happens next when they all grow through time to

now?

**VI. Reintegrate and Anything Else**

- a. Are they on the inside or the outside of the body now?
- b. And would they like to be on the inside?
- c. And is there anything else they need?
- d. And is there anything else you need?
- e. And what is [Presenting Problem] like now?

**Variables/Metaphors:**

**Presenting Problem** \_\_\_\_\_

**PP Metaphor** \_\_\_\_\_

**First Time Age** \_\_\_\_\_

**First Clothes** \_\_\_\_\_

**Peace Age** \_\_\_\_\_

**Helper** \_\_\_\_\_