Symbolic Modelling Session

This is an example of a coaching conversation using 'symbolic modelling' where the coach illustrates Clean Language's key features. The Clean Language elements are shown here in **bold:**

COACHEE:	I was going to return home. But then I get news that my child had had a really difficult meltdown at school, was distressed and needed collecting. I went back my feelings of lack of control. I have a feeling that two parts of me are in conflict – the part that wants to help my child and the part that wants to have a 'normal life'. Then I have such a strong feeling that – kind of like the Earth is dropping from my feet, like down from my feet.
COACH:	**And when** it feels like the earth is dropping from your feet, **what would you like to have happen?**
COACHEE:	I would like this to stop; that the Earth would not drop down.
COACH:	**And** you would like this to stop, that the Earth would not drop down. **And when** this stops, **then what happens?**
COACHEE:	And then I stop. I stop to collect my thoughts. And I'm stopping to collect my thoughts and I am still. I'm not running away.
COACH:	**And** you stop and collect your thoughts and are still and not run away. **And when** you stay still like that, **what kind of** still **is that?**
COACHEE:	I have two simultaneous pictures here and one of them is about my wish, where I live a normal full life. Another one is, it's still chaotic and everything is always changing and I want to run away.
COACH:	**And when** you have those two simultaneous pictures, **what would you like to have happen when** you have **those** two pictures?

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COACHEE:	That only one picture would be left, the one with the full life.
COACH:	**And** you'd like only the one picture. The one with the full life. **And what kind of** picture **is that** picture?
COACHEE:	That only one picture would be left, the one with the full life.
COACH:	And you'd like only the one picture. The one with the full life. **And what kind of** picture **is that** picture?
COACHEE:	Now I've got an idea that I should be real and not want that picture to disappear, but to get some way to unite both pictures.

Adapted from: https://cleanlanguage.com/introducing-clean-language/