

Controlling Metaphor Worksheet

Module 4.1 - Find, Place, and Test Your Metaphor

Step 1: Metaphor Mining

My primary listener archetype: _____

#	Literal Concept	Metaphor (from their world)
1.		
2.		
3.		
4.		
5.		

Step 2: Select Your Controlling Metaphor

Question	Your Answer
My controlling metaphor:	
Emotional core it captures:	
Where it appears in the opening:	
Where it appears in the middle:	
Where it appears in the close:	
Does it feel forced anywhere?	

Step 3: Symbol Placement

Symbol	What It Represents	First Appearance	Recurrence
Symbol 1:			
Symbol 2:			

Step 4: Quality Check

Check	Status
Am I using only ONE controlling metaphor?	Y / N
Do I have 1-2 symbols max (not more)?	Y / N

Does the subtext breathe (not everything is explained)?	Y / N
Would my listener feel trusted, not lectured?	Y / N
Could I remove the metaphor and the story still works?	Y / N