

## THE POLYGRAPH METAPHOR

*Therapist:* Imagine I'm a mad scientist and I've kidnapped you for an experiment. And I've wired you up to a supersensitive polygraph, or lie detector. This machine will detect the tiniest bit of anxiety in your body. You can't kid it. Even the tiniest hint of anxiety and all the alarm bells will ring. And in this experiment I'm about to do on you, you must not feel any anxiety at all. And if you do, then I'll pull this lever, which will electrocute you. (*Pause.*) What would happen?

*Client:* I'd be fried.

*Therapist:* Right. Even though your life depends on it, you can't control the anxiety.