

## TWO KIDS IN THE CAR METAPHOR

*Therapist:* Imagine there are two kids in the back of a car, and Mom's driving them to Disneyland. It's a three-hour trip to get there, and one kid's saying, every five minutes, "Are we there yet? Are we there yet? Are we there yet?" Mom's getting annoyed, the kid's frustrated, they're snapping at each other—it's a state of chronic tension. But the other kid's looking out of the window, waving at the other cars, noticing with great interest all the towns and farms and factories that they're driving past. Now both kids reach Disneyland at the same time, and both have a great time when they get there. But only one of these kids has had a rewarding journey. Why? Because he wasn't just focused on the goal; he also valued exploring, traveling, learning about the world outside the car. And on the way home, the first kid keeps saying, "Are we home yet, are we home yet, are we home yet?" Whereas the other one enjoys the ride by looking out the window and appreciating how everything looks so different at night.

**Practical Tip** Most people think of success as achieving goals. I invite clients to consider a different definition: success is living by our values. With this definition, we can be successful right now even though our goals may be a long way off (and even though we may actually never achieve them).