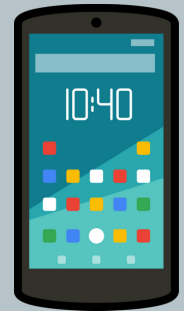


# The metaphor worksheet

Metaphor... A way to compare two different things by using imagination and symbols to capture the big picture and gain deeper understanding of complicated issues. Below are examples of metaphors for diabetes. Once you've read them, try creating your own personal metaphor that you and your doctor can use. It'll help you both communicate and better understand your condition and treatment.

## "External Charger Metaphor"

Imagine the body is a cellphone and insulin is the energy that powers the phone's functioning. A non-diabetic body has a working battery to get them through each day. With type 1 diabetes, a person's phone battery is permanently broken so they need insulin to work as their external charger. Just as we would carry an external charger for a cellphone with poor battery life, we must carry our insulin everywhere we go to ensure we have enough energy and power for the day.



Try creating your own metaphor and share it with your doctor to see if it makes sense medically.