EXAMPLES OF SIMILE AND METAPHOR

1) “I know the judge says I need to go to treatment, but I don’t think I have a problem with alcohol, he practically convinced my wife I’m a drunk!”

Simile: You feel as trapped as a dog in cage

Metaphor: You feel backed into a corner about this

2) “I really want to get a job and move out of the clean and sober house as soon as possible.”

Simile: You want to be free like a bird to choose where to live

Metaphor: There’s a fire under you to move out/ You’re itching to get out of that house.

3) “My wife says she finally wants to get back together, I’m so excited!”

Simile: You are as happy as a clam to hear that

Metaphor: It’s music to your ears to hear her say that

4) “I have been having a lot of ups and down with my sobriety. I’m ok being sober for a while and then I just want to use so bad.”

Simile: Your sobriety has been like a rollercoaster

Metaphor: Life has been a rollercoaster for you lately

5) “I thought vitamins would solve my depression and I wouldn’t have to take meds.”

Simile: It was like using a Band-Aid to cover a huge cut

Metaphor: It was a Band-Aid solution to a big problem

6) “I didn’t want to know he was cheating but I found the evidence on his phone.”

Simile: The is as serious as a heart attack

Metaphor: The truth left a bad taste in your mouth