

Career Life Education 8 - Life Analogies



Read over the four analogies that follow and select the one that most accurately describes how you feel life is really like.

A. The Roller Coaster Analogy:

Life is very much like a roller coaster ride. You get strapped in at the beginning and pulled along by an unseen force. There are many twists and turns, ups and downs, periods of time when things seem to drag or are relatively calm, and times when things seem completely out of control. There are times where you are frightened out of your skin and times when you are incredibly excited, but you end up back at the same place you started from and nothing much has changed. Although at times you may catch a glimpse of other things from your car, they are beyond your reach. You have just been along for the ride.

B. The River Analogy:

Life is very much like being caught in a river. One is swept along by a current over which you have no control and that will take you wherever it is going. There are rocks and dangerous hazards, often hidden from view that you must deal with as well as predatory creatures and effluent in the water that can cause you harm. But there are also some spectacular views and eddies to explore and opportunities to travel far and experience much along the way. And you, despite the current, do have some ability to influence your direction in the flow and to choose what branch of the river to take, what hazards to avoid or let pass you by.

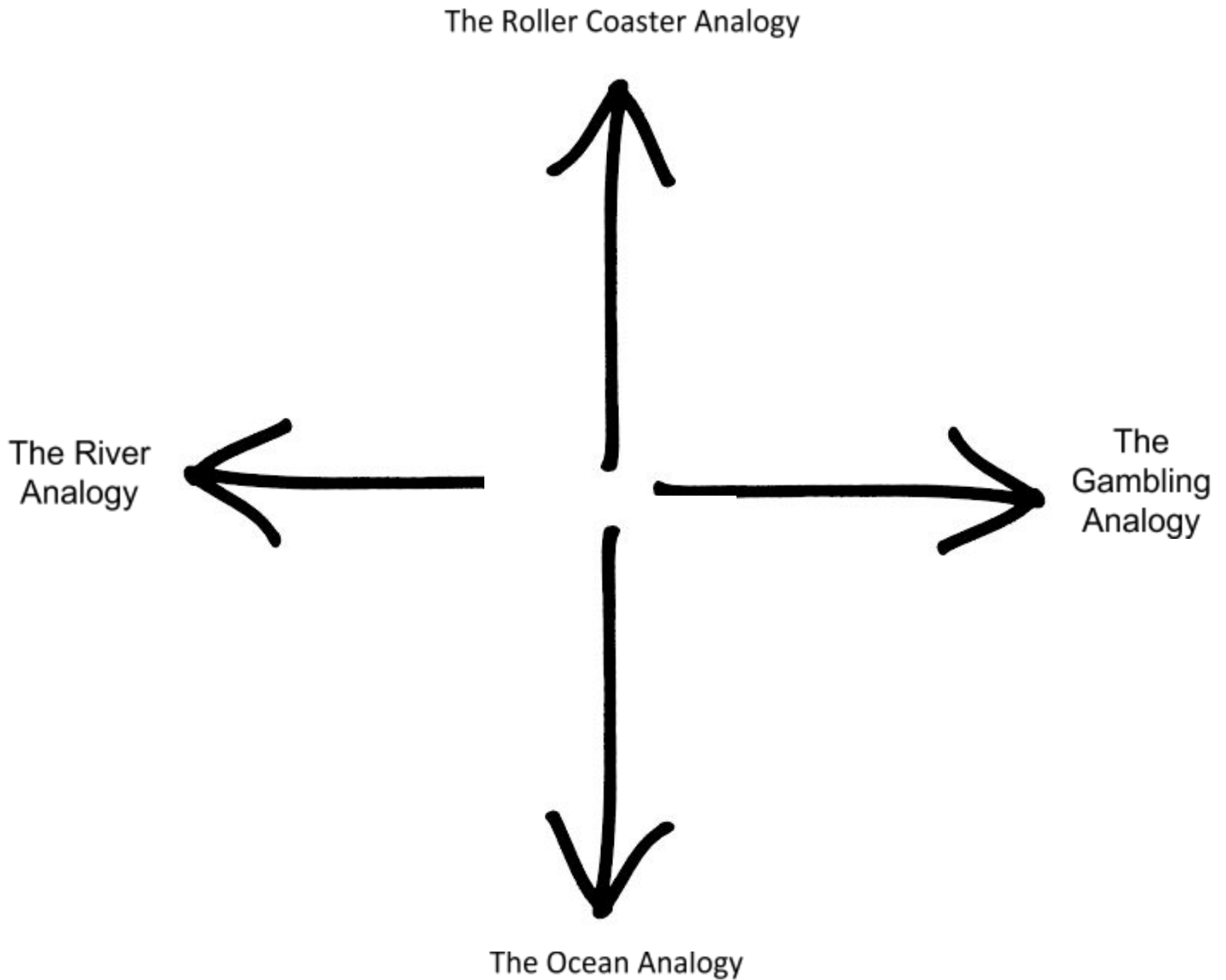
C. The Ocean Analogy:

Life is very much like being adrift on an ocean. It is rather overwhelming at first for there are no landmarks to help you determine where you are. It is easy to drift around in circles aimlessly going nowhere. There are no road maps or even road signs to help guide your way. However, you can pretty much set your own direction. And although there may be some bad storms which occasionally throw you off course or even endanger your life, you can acquire the skill and knowledge to deal with them, to explore, and to eventually reach the destination of your choice.

D. The Gambling Analogy:

Life is really just one big gamble. How things go depends primarily on whether one is lucky or unlucky. You are a bit like a ball on a roulette wheel being bounced back and forth at random until you come to rest. If your number comes up, you win; if it doesn't, you lose. Although one can attempt to improve the odds (and this may help the result), most things seem to turn out in a way that is most usually unrelated to anything else. People sometimes get what they deserve, but it is just as likely that they will not. Life is a random affair with little pattern or discernible cause and effect.

Life Analogies - Four Quadrant Model - Assignment



1. Using this version of the four quadrant model, put an "X" on the axis or area that you feel most accurately describes what your life is really like. Take some time to really think about the way you approach both the successes and challenges that you experience.
2. In the analogy you have chosen to represent your view, how much power do you have to influence your fate?
3. In which "life view" do you think people would be most likely to set goals and strive to achieve them? In which "life view" do you think people would be least likely? Why?
4. If you believe that your life is like a roller coaster or a gamble, how would you live your life and how satisfying do you think it would be?