

## What is Mapping?

*"The map is not the territory."*

## **Map vs. Territory**

The difference between 'the map' and 'the territory'...

### **MAP**

- Mental processing
- Thinking

### **TERRITORY**

- What happened
- An external event

## **Why we Map**

We are interested in getting in touch with what is mapped inside of us in the form of...

- Your internal experience
- What is happening in your body
- Your subjective reality
- The way you internally represent something
- The way you have coded an experience
- Your conceptual understandings
- Your state
- Your beliefs, values, attitudes, language, memories

We are interested in getting what is mapped inside of us  
*out onto the page...*

...so that we can work with it later.