

Appendix A

The dataset subjected to the metaphor identification and categorization procedure. The whole turns produced by the subjects have been deleted due to the confidentiality of the data. Subject codes maker with *-a* signify the *anxiety sample* (AS), with *-b* the *stress sample* (SS). Empty cells shall be considered as “0”.

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
S1F-a	2	I have anxiety	I have (as in I possess)	I have (as in I experience)	1	0								
S1F-a	3	to deal with, uhm, everyday stress	to deal (as in to buy/sell goods/services)	to deal (as in to interact or overcome)	1	0								
S1F-a	3	I worry further	further (as "I walk further", more far away)	further (as continuously)	1	1	1	1	1					1
S1F-a	7	closed in	closed in (physically)	closed in (interpersonally)	1	1	1	1			1			1
S1F-a	7	that's been building and building	building (physically)	building (increasing)	1	1	1	1	1					1
S1F-a	7	turn to medications	turn to (as in change physical orientation)	turn to (as to get help from someone)	1	1	1	1	1					1
S1F-a	7	find different ways	(physical) way	way (as possibility of doing something)	1	1	1	1	1					1
S1F-a	19	I'm very reserved	reserved (like booked or taken)	reserved (like someone who does not share much about themselves)	1	0								
S1F-a	25	had to go through	to go through (a physical obstacle)	to go through (an emotional experience)	1	1	1	1	1					1
S1F-a	25	deal with	to deal with(as in to buy/sell goods/services)	to deal with (as in to interact or overcome)	1	0								
S1F-a	34	background	background (as not in focus)	background (as cultural background, roots)	1	1	1	1	1					1

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S1F-a	37	to deal with things	to deal with(as in to buy/sell goods/services)	to deal with (as in to interact or overcome)	1	0								
S1F-a	47	I turned to art	turn to (as in change physical orientation)	turn to (as to get help from someone)	1	1	1	1	1					1
S1F-a	47	keeping myself busy	keeping (as taking hold of or having control over sth)	keeping (as in continuing doing sth)	1	0								
S1F-a	57	tried to push myself	to push (as to apply force onto) myself	to push (as to direct or persuade) myself	1	1	1	1	1			1		
S1F-a	57	take me out of my comfort zone	take me out of my comfort zone (take me to a place than brings discomfort)	take me out of my comfort zone (challenge myself)	1	1	1	1	1			1		
S1F-a	61	go for it	go towards something	achieve something	1	1	1	1	1					1
S1F-a	65	Facing the fear	facing (as in being in front of something, someone)	facing (as in confronting something)	1	1	1	1	1					1
S1F-a	77	so far	far (in space)	far (in time)	1	1	1	1	1					1
S1F-a	78	stick with it myself	to stick (to keep close to sth)	to stick (to continue doing something)	1	1	1	1	1					1
S1F-a	78	go out there	to go out there (to go to a place outside 'here')	to go out there (to be noticeable, to do something unusual, to be brave)	1	1	1	1		1				1
S1F-a	78	it wasn't in my comfort zone	it wasn't in my comfort zone (it was a place than brings discomfort)	it wasn't in my comfort zone (I had to challenge myself)	1	1	1	1	1			1		
S1F-a	79	push yourself	to push (as to apply force	to push (as to direct or	1	1	1	1	1			1		

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			onto) yourself	persuade) yourself										
S1F-a	82	starting up life	life (in general)	life (adult life)	1	1	0							
S1F-a	84	go to grad school	go to (the physical location of) grad school	go to (as in to start) grad school	1	1	0							
S1F-a	89	starting off life	life (in general)	life (adult life)	1	1	0							
S1F-a	91	higher anxiety	higher (distance from top to bottom)	higher (as in higher level of; greater amount of)	1	1	1	1	1					1
S1F-a	101	If I don't get, you know, an A, you know, I get anxiety.	to get (to receive sth)	to get (to start experiencing sth)	1	1	1	1	1				1	
S1F-a	102	I'm second guessing myself	guessing sth second time	doubting	0									
S1F-a	102	in my head	head (body part)	head (mind)	1	1	0							
S1F-a	106	get the feeling	to get (to receive sth)	to get (to start experiencing sth)	1	1	1	1	1					1
S1F-a	106	kinda become depressed	have a kind of depressive disorder	almost depressed	1	0								
S1F-a	109	intertwined	intertwined (as strings twisted together)	intertwined (to be closely connected, correlated)	1	1	1	1	1					1
S1F-a	110	get a grade	to get (to receive an object)	to get (to receive a response)	0	1								
S1F-a	115	get myself out of that	get out of (a place)	get out of (a state)	1	1	1	1		1				1
S1F-a	116	move on from that	to physically leave something behind	to accept or ignore sth	1	1	1	1	1				1	
S1F-a	119	something like in	something (located) in	something (a sensation felt)	1	1	1	1			1			1

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		your stomach	your stomach	in your stomach										
S1F-a	120	it just gets out of control	get out of (a place)	get out of control (become uncontrolled)	0	1								
S1F-a	131	lightheadedness	light (lightweight)	lightheaded (spacey, dizzy)	1	1	1	1	1					1
S1F-a	132	I'll be somewhere else	be (physically) somewhere else	not paying attention to what is happening	1	1	1	1			1			1
S1F-a	139	I get like a racy heart	racing - participating in a race, moving fast	racing heart - fast heartbeat	1	1	1	1		1			1	
S1F-a	141	like hypertension	resembling hypertension	being felt as hypertension	1	1	1	1			1		1	
S1F-a	147	kind of control it	control (e.g. a mechanical vehicle)	control (one's physiological reactions)	0									
S1F-a	155	I'll drop whatever I'm doing	drop (cause or allow to fall)	drop (to stop doing something)	1	1	1	1	1					1
S1F-a	156	clear my mind	clear (make pure, clean, remove obstacles)	clear one's mind (to focus)	1	1	1	1	1					1
S1F-a	161	the anxiety still stays	to stay (in a place)	to stay (to linger)	1	1	1	1	1					1
S1F-a	170	I think I will just kind of, kind of go away	to go away (to leave)	to go away (to vanish)	1	1	1	1	1				1	
S1F-a	172	You can't fool it. You can't fool them right.	can't fool them (people)	can't fool them (bodily reactions, emotions)	1	1	1	1			1		1	
S1F-a	189	I'll put that on	put on (a surface)	put on (play music)	1	1	1	1	1					1
S1F-a	206	feeling a little tension	tension (physical e.g. surface tension or turgor)	tension (emotion or bodily sensation)	1	1	1	1	1					1
S1F-a	213	rush like an	rush (sudden, quick)	rush (sudden sensation)	1	1	1	1	1				1	

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		adrenaline rush.	movement)											
SIF-a	214	kind of like butterflies in my stomach	butterflies physically present in one's stomach	tingling sensation in one's abdomen associated with the feeling of nervousness	1	1	1	1	1				1	
SIF-a	217	mixed	mixed (two or more substances combined so that they cannot be easily separated)	mixed (including two or more qualities at the same time)	1	1	1	1	1					1
SIF-a	227	a sense of a peace coming on	coming (entering)	coming (appearing)	1	1	1	1	1					1
SIF-a	229	It still comes	comes (enters)	comes (appears)	1	1	1	1	1			1		
SIF-a	230	It can go	go (leave)	go (dissipate)	1	1	1	1	1			1		
SIF-a	234	inviting the anxiety.	inviting (verbally or by sending an invitation)	inviting (encouraging or allowing something to happen)	1	1	1	1			1			1
SIF-a	236	uncomfortable	uncomfortable (like shoes or chairs)	uncomfortable (unpleasant, awkward)	1	1	1	1	1					1
SIF-a	237	I kind of was in the moment	to be in (a location)	to be in the moment (as to be attentive, mindful)	1	1	1	1			1		1	
SIF-a	238	with the breathing	with the breathing (together, with the help of breathing)	with the breathing (being attentive to the breath)	1	1	1	1			1			1
SIF-a	247	to beat ourselves up a lot	to beat someone up (to beat someone badly)	to beat oneself up (to criticize oneself)	1	1	1	1	1					1
SIF-a	248	we tend to create this	create (like creating art)	create (cause)	1	1	1	1	1					1
SIF-a	251	blow things out of proportion	blow sth out of proportion (in the context of	to exaggerate	1	1	1	1	1					1

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			glassblowing?)											
S1F-a	266	make it a part of me	make it a part of me (integrate something physically)	make it a part of me (integrate or accept a quality or emotion)	1	1	1	1	1					1
S1F-a	272	water	water	an unexpected event	1	1	1	1			1	1		
S1F-a	273	melt	melt	take damage	1	1	1	1			1	1		
S1F-a	291	the mind's constantly, you know, we're always thinking	the mind (as an independent entity)	the mind (subject's thoughts)	1	1	0							
S1F-a	292	its constantly racing	racing - participating in a race, moving fast	racing - having many thoughts	1	1	1	1		1				1
S2F-a	1	a deadline	a line that causes death if crossed	a due date	1	1	1	1	1					1
S2F-a	1	like my chest will kind of, like I feel tighter	chest (actually) getting tight (as if one was wearing a corset)	(the sensation of) chest getting tight, troubles breathing	1	1	1	1	1				1	
S2F-a	1	I feel like can't breathe	literally not being able to breathe	can't breathe (unpleasant sensations while breathing)	1	1	1	1		1		1		
S2F-a	1	I feel like I can't breathe	literally not being able to breathe	can't breathe (unpleasant sensations while breathing)	1	1	1	1		1		1		
S2F-a	4	big paper to do	big (taking up a lot of space)	big (important)	1	1	1	1	1					1
S2F-a	4	feels like I can't breathe	literally not being able to breathe	can't breathe (unpleasant sensations while breathing)	1	1	1	1		1		1		
S2F-a	8	what is going on in my life	going on (moving to the next place or stage)	going on (happening)	1	1	1	1	1					1

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S2F-a	8	I have a lot coming up	coming up (moving towards someone)	coming up (happening soon)	1	1	1	1	1					1
S2F-a	11	life that tends to set that off	set off (ignite)	set off (cause sth)	1	1	1	1	1					1
S2F-a	18	it's like a feel like shooting pain going like right to my chest like right to my back	going to (moving towards)	going to (in the context: sensed in)	1	1	1	1			1	1		
S2F-a	18	my whole like chest tightens out	chest (actually) getting tight (as if one was wearing a corset)	(the sensation of) chest getting tight, troubles breathing	1	1	1	1	1			1		
S2F-a	19	I tend to like get anxious over things	to get (to receive)	to get (to start experiencing sth)	1	0								
S2F-a	20	I will sit there and think	sit (be in a sitting position)	sit (stop, take a break)	1	1	0							
S2F-a	24	Something is going in my heart	going (moving)	going (happening)	1	0								
S2F-a	27	The worst thing in mind is that something like physically wrong with me	in mind (inside)	in mind (thought)	0	0								
S2F-a	27	on the back of my mind	on the back (of a container)	always present in the background	1	1	1	1	1					1
S2F-a	32	nothing that has ever come out	come out (of a container)	come out (to manifest itself)	1	1	1	1	1					1
S2F-a	34	it is like in my chest	something being physically located in my	a sensation felt in my chest	1	1	1	1		1		1		

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			chest											
S2F-a	38	in the middle	between two points of reference	in the process of doing something	1	1	1	1	1					1
S2F-a	39	I noticed that so there is nothing I can do	really nothing I can do	nothing I can do that would make the situation better	1	1	0							
S2F-a	40	I get tense	physically stretched, tight, stiff	nervous	1	1	1	1	1					1
S2F-a	40	it feels like a hurt	physically hurt	physically uncomfortable	1	1	1	1			1			1
S2F-a	44	he doesn't want to hear me bitch about it	doesn't want to hear (a sound)	referring to the source of sound not the perceiver	1	1	1	1	1					1
S2F-a	46	there are certain situations I go in and that will make things more anxious	to go in (to enter)	to go in (to engage in)	1	1	1	1		1				1
S2F-a	51	that just automatically makes me feel like I am going to hyperventilate	automatic (as a device functioning independently of human control)	automatic (instant)	1	1	1	1	1			1		
S2F-a	58	a mental thing	thing (entity)	thing (phenomenon)	1	0								
S2F-a	58	like clear my mind	clear (make pure, clean, remove obstacles)	clear my mind (to focus)	1	1	1	1	1				1	
S2F-a	61	looking back	looking back (looking behind)	looking back (reflecting on the past events)	1	1	1	1	1					1
S2F-a	66	lightheaded	light (lightweight)	lightheaded (spacey, dizzy)	1	1	1	1	1			1		
S2F-a	66	lightheadedness	light (lightweight)	lightheaded (spacey, dizzy)	1	1	1	1	1			1		

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S2F-a	68	like vibrating in my chest	vibrating (moving, producing vibrations, pulsating fast)	vibrating (an uncomfortable feeling)	1	1	1	1			1	1		
S2F-a	68	my chest always tightens up	chest (actually) getting tight (as if one was wearing a corset)	(the sensation of) chest getting tight, troubles breathing	1	1	1	1	1			1		
S2F-a	70	I will go through in my mind	go through sth (move through)	to go through in my mind (to reflect)	1	1	1	1	1			1		
S2F-a	70	my mind it is like okay	mind (function of the brain)	mind (subject's conscious thoughts)	1	0								
S2F-a	70	beat around the possible instances	beat (apply physical force)	beat (consider?)	1	1	1	1			1	1		
S2F-a	71	out of the blue	out of the blueness/sth blue	unexpectedly	1	0								
S2F-a	81	like seven	like (the number) seven (to describe amount of sth)	seven on 10 point scale of anxiety	1	1	0							
S2F-a	84	heart's racing	racing - participating in a race, moving fast	racing - fast heartbeat	1	1	1	1		1				1
S2F-a	87	like four	like (the number) four (to describe amount of sth)	four on 10 point scale of anxiety	1	1	0							
S2F-a	88	three	like (the number) three (to describe amount of sth)	three on 10 point scale of anxiety	1	1	0							
S2F-a	89	Like an eight or nine, I think I was just like nervous	like (the number) eight or nine (to describe amount of sth)	eight or nine on 10 point scale of anxiety	1	1	0							
S2F-a	97	I need to balance my	balance (putting sth on a	balance (create equality between money saved and	1	1	1	1	1					1

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		checkbook	position of equal force)	money spent)										
S2F-a	99	managing my time better	managing (to be responsible for and organize the work)	managing (using one's time responsibly)	0	1								
S2F-a	109	it is probably the bigger one	big (taking up a lot of space)	big (important)	1	1	1	1	1					1
S2F-a	109	nothing else goes on in my life	go on (move to the next place or stage)	go on (happen)	1	1	1	1	1					1
S2F-a	119	makes me feel like something wrong	makes (creates)	makes (causes)	1	0	0	0						
S2F-a	129	feeling tensed up	tense (physically e.g. stretched)	tensed (emotionally or bodily sensation of tensed muscles)	1	1	0							
S2F-a	136	now I am getting back in a more regular routine	getting back (returning to a place)	getting back (returning to a state)	1	1	1	1	1					1
S2F-a	140	would I try different things and see if it triggers it	trigger (to push a trigger)	trigger (to cause a strong reaction)	1	1	1	1	1					1
S2F-a	146	pinpoint it	pinpoint (place a pin on a point)	pinpoint (describe sth with great precision)	1	1	1	1	1					1
S2F-a	149	shortness of breath	shortness (short distance from top to bottom)	shortness of breath (shallow breath)	1	1	1	1	1			1		
S2F-a	151	I need to catch my breath	catch sth (grasp or capture sth)	catch my breath (regulate my breathing)	1	1	1	1	1			1		
S2F-a	152	shortness of breath	shortness (short distance from top to bottom)	shortness of breath (shallow breath)	1	1	1	1	1			1		

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S2F-a	153	It went down a lot quicker	went down (moved downwards)	went down (decreased)	1	1	0							
S2F-a	154	keep my mind off what was stressing me out	keep sth off sth (do not touch sth)	keep my mind off sth (do not think about sth)	1	1	1	1		1				1
S2F-a	165	I don't like the fact of just going backwards of what I should be doing	going backwards (going in the opposite direction)	going backwards (not progressing)	1	1	1	1		1				1
S3F-a	1	having me	having (possessing)	having (guesting)	1	1	1	1	1					1
S3F-a	2	anxiety runs in my family	runs (moves fast)	runs (manifests across generations)	1	1	1	1	1					1
S3F-a	2	certain triggers there are my life	trigger (to push a trigger)	trigger (to cause a strong reaction)	1	1	1	1	1					1
S3F-a	2	around high school and adolescence	around (space)	around (period of time)	1	1	1	1	1					1
S3F-a	3	nervous energy	nervous (emotional state)	nervous (agitated)	1	1	1	1		1				1
S3F-a	3	couldn't get things out of my head	take sth out of a container	not to think about something	1	1	1	1		1				1
S3F-a	3	a kind of an obsession	a kind of obsessive behavior	resembling an obsessive behavior	1	1	0							
S3F-a	3	normal adolescent things, but times like ten	multiplied by ten	manifested more intensively than considered a norm	1	1	1	1		1				1
S3F-a	4	As far as anxiety go and stuff	far (distance)	as far as (relevance?)	1	1	1	1			1			1
S3F-a	6	to get my mind off	get sth off (remove sth)	get my mind off (not think	1	1	1	1		1				1

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				about sth)										
S3F-a	6	a full week	full (an opposite of empty; container)	seven days	1	1	1	1	1					1
S3F-a	8	tumultuous period	tumultuous (very loud, involving a large group of people)	tumultuous (characterized by many changes)	1	1	1	1		1				1
S3F-a	8	my anxiety like was through the roof	through the roof (exploding; breaking the barrier of the roof)	through the roof (very intense)	1	1	1	1	1				1	
S3F-a	8	couldn't really handle	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1					1
S3F-a	8	like my heart would just beat	beat (move rhythmically)	beat (pump blood)	1	1	1	1	1					1
S3F-a	9	even the teachers know your business	business (activity or buying/selling goods/services)	business (things happening in one's life)	1	0	0	0						
S3F-a	10	I couldn't escape	escape (exit a hard to exit space)	escape (a situation)	1	1	1	1	1					1
S3F-a	10	emotions that I was not ready to handle at the age of you know, 16	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1					1
S3F-a	12	to handle them	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1					1
S3F-a	12	at that point	point (is space)	point (certain stage of an event)	1	1	1	1	1					1
S3F-a	15	crazy anxiety triggers	trigger (to push a trigger)	trigger (to cause a strong	1	1	1	1	1					1

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		dealt with it	goods/services)											
S3F-a	29	It's like I'm like a little kid that has to be outside that has to be like	has to (must)	has to (needs)	1	1	1	1	1				1	
S3F-a	32	the structure	the structure (the way in which system is arranged or entity built)	the structure (routine)	1	1	1	1	1					1
S3F-a	32	being stuck indoors all day.	stuck (places in a position between other objects that is hard to change)	stuck (having to be somewhere or participate in sth)	1	1	1	1		1				1
S3F-a	34	down there	down there (place downwards from a reference point)	down there (on the south)	1	1	1	1	1					1
S3F-a	35	since coming up here where I am	coming up (moving towards someone)	coming up (to move to a place that is further north)	1	1	1	1	1					1
S3F-a	35	everybody knew your business	business (activity or buying/selling goods/services)	business (things happening in one's life)	1	1	1	1	1					1
S3F-a	36	it's kind of the message I always picked up	pick up (e.g. from the floor)	pick up (learn)	1	1	1	1	1					1
S3F-a	38	rock the boat	cause the boat to rock	cause problems	1	1	1	1	1			1		
S3F-a	38	the one to stand up	stand up (change position to standing)	stand up (voice an opinion)	1	1	1	1		1		1		
S3F-a	38	a strong opinion	strong (being able to apply great force)	strong (intense, precise)	1	1	1	1	1			1		

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
S3F-a	38	I guess my anxiety too comes a lot from	come from (moving from a point of reference)	come from (originate from)	1	1	1	1	1					1
S3F-a	41	I didn't have any serious consequences	serious (not joking)	serious (having severe consequences)	1	1	1	1	1					1
S3F-a	41	parents that would sign me off	stop broadcasting a signal	set someone stop doing sth	1	1	1	1		1				1
S3F-a	42	escape strategies	escape (exit a hard to exit space)	escape (a situation)	1	1	1	1	1			1		
S3F-a	42	I could get away with it,	get away (exit)	get away (avoid consequences)	1	1	1	1	1					1
S3F-a	48	all the grief going on	going on (moving to the next place or stage)	going on (happening)	1	1	1	1	1					1
S3F-a	51	my heart would start just beating really fast	beat (move rhythmically)	beat (pump blood)	1	1	1	1	1					1
S3F-a	51	a huge deal	deal (an act of buying/selling goods/services)	deal (a problem)	1	0								
S3F-a	51	a certain time during the evening where it would hit	hit (apply physical force)	hit (happen unexpectedly)	1	1	1	1	1					1
S3F-a	51	like I couldn't breathe	couldn't breathe (suffocating)	can't breathe (unpleasant sensations while breathing)	1	1	1	1		1			1	
S3F-a	51	heart was beating very fast	beat (move rhythmically)	beat (pump blood)	1	1	1	1	1					1
S3F-a	56	my dad's side of the family very much the	cluster (a group of similar entities close together)	cluster (group of people)	1	1	1	1	1					1

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		dramatic cluster												
S3F-a	62	I am on medication now	placed on top of sth	taking medications	1	0								
S3F-a	62	I got off of the Adderall	get off (move from, exit?)	stop taking medications	1	0								
S3F-a	66	low dose	low (distance from top to bottom)	low (small)	1	1	0							
S3F-a	66	one of the biggest factors that plays	big (taking up a lot of space)	big (important)	1	1	1	1	1					1
S3F-a	66	being out there like that like almost like what are those things call like snow globes whatever	snow globe (glass sphere with a miniature scene)	being in the snow globe (being seen)	1	1	1	1			1	1		
S3F-a	68	Yeah, fishbowl, yeah, yeah	fishbowl (fish tank)	fishbowl (place where a lot of people see you)	1	1	1	1	1			1		
S3F-a	68	I do still have anxiety, uhm, that comes and go	comes and go (enters and leaves)	comes and go (starts and stops manifesting)	1	1	1	1	1					1
S3F-a	68	I would medicate with, with alcohol.	medicate (take medications)	medicate (relieve symptoms)	1	1	1	1		1				1
S3F-a	71	throws my body out of a whack	throw out of (throw sth out of a container)	not operating correctly	1	0								
S3F-a	72	I'm either too far here or too far here.	outskirts of a scale	outskirts of an emotional scale	1	1	0							
S3F-a	74	I've forced myself	forced (applied force)	forced (make someone do sth)	1	1	1	1	1					1

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S3F-a	74	it centers me	puts in the center	calms	1	1	1	1		1				1
S3F-a	74	to change my mindset	change the settings of a machine	change attitude	1	1	1	1	1					1
S3F-a	75	that frantic mode	mode (way of operating)	mode (behavior)	1	1	1	1	1					1
S3F-a	77	that it throws me out to whack	throw out of (throw sth out of a container)	not operating correctly	1	0								
S3F-a	79	the fast heart	fast (moving or being able to move fast)	fast (pumping blood with greater frequency than normal)	1	1	1	1		1				1
S3F-a	79	the frantic the fast breathing	fast (moving or being able to move fast)	fast (breathing with greater frequency than normal)	1	1	1	1		1				1
S3F-a	79	Like just I can't escape	escape (exit a hard to exit space)	escape (a situation)	1	1	1	1	1			1		
S3F-a	81	very big desperation	big (taking up a lot of space)	big (intense)	1	1	1	1	1					1
S3F-a	84	implement that meditation	implement (put a plan or a system into operation)	implement (accept a new behavior as one's own)	1	1	1	1	1					1
S3F-a	87	so I was like I just let it go	let it go (allow to leave)	let it go (don't think about it anymore)	1	1	1	1	1					1
S3F-a	89	as finding myself here in this profession and all that	find (discover)	find (create one's identity)	1	1	1	1		1				1
S3F-a	89	I get in that mode	mode (way of operating)	mode (behavior)	1	1	1	1	1					1
S3F-a	89	I can't shake it	shake it (move vigorously to get rid of sth)	shake it (recover from sth)	1	1	1	1		1				1

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
S3F-a	93	I'm have gone way down with that	gone down (moved downwards)	gone down (limited)	1	1	1	1	1					1
S3F-a	94	I'm very outgoing and I'm very like, you know, whatever	outgoing (going out?)	outgoing (extroverted)	1	0	0	0						
S3F-a	94	I mess up	mess up (create a mess)	mess up (make a mistake)	1	1	1	1	1					1
S3F-a	96	then immediately it was like anxiety gone	gone (left)	gone (disappeared)	1	1	1	1	1					1
S3F-a	106	I could perform better if I had it in my system	system (e.g. operating system)	system (body)	1	1	1	1	1			1		
S3F-a	106	that's what I kept it, you know, perpetuated the cycle	cycle (events)	cycle (behaviors)	0									
S3F-a	118	I'm open	open (opposite of closed, sealed, inaccessible)	open (enthusiastic)	1	1	1	1		1				1
S3F-a	119	I'm open towards to whatever	open (opposite of closed, sealed, inaccessible)	open (enthusiastic)	1	1	1	1		1				1
S3F-a	123	I got you	got (received)	got (understand)	1	1	1	1	1					1
S3F-a	133	that's when my anxiety usually comes	comes (enters)	comes (appears)	1	1	1	1	1					1
S3F-a	134	it is always kind of back in the background	background (of a picture)	background (not the most important)	1	1	1	1	1					1
S3F-a	137	my breathing get shorter	short (distance from top to bottom)	shortness of breath (shallow breath)	1	1	1	1	1					1

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S3F-a	143	I'll come back to it and I that feeling like hits me again	come back (return)	come back (return)	0									
S3F-a	143	I'll come back to it and I that feeling like hits me again	hit (apply physical force)	hit (happen unexpectedly)	1	1	1	1	1					1
S3F-a	146	Let them be there	allow someone/sth be somewhere	accept the sensations	1	1	1	1		1		1		
S3F-a	148	its getting harder to keep that feeling.	keep (hold or possess)	keep (accept)	1	1	1	1		1		1		
S3F-a	152	it keeps going back and forth	going back and forth (moving through space)	going back and forth (appearing and disappearing)	1	1	1	1		1		1		
S3F-a	153	I'm chasing like	chasing (running after sth to catch it)	chasing (seeking sensation)	1	1	1	1		1		1		
S3F-a	154	I still find myself wondering	find (discover)	find (notice)	1	1	1	1		1				1
S3F-a	154	I can chase it	chase (run after to catch sth)	chase (seek sensation)	1	1	1	1		1		1		
S3F-a	154	I can hear my logical mind being like	hear (sounds)	having thoughts	1	1	1	1		1				1
S3F-a	154	I can chase the anxiety	chase (run after to catch sth)	chase (seek sensation)	1	1	1	1		1		1		
S3F-a	154	I can make peace of that	make peace (stop having a conflict)	make peace (accept)	1	1	1	1		1		1		
S3F-a	156	I keep feeling like you were getting farther and farther	farther (more distant in space)	farther (less directly experienced)	1	1	1	1			1	1		

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		away from me												
S3F-a	157	I'd almost had to keep bringing myself back to this like moment	bringing myself back (returning)	bringing myself back (focusing)	1	1	1	1		1		1		
S3F-a	157	almost like I was like floating away	floating away (moving farther in space)	floating away (feeling more distant)	1	1	1	1			1	1		
S3F-a	157	I was like, no, no, stay listen to him	stay (do not change position)	stay (be attentive)	1	1	1	1			1	1		
S3F-a	158	stay listen to him	stay (do not change position)	stay (be attentive)	1	1	1	1			1	1		
S3F-a	161	I can't dip out mentally, like	dip out (take something out of a liquid)	dip out (lose focus)	1	1	1	1	1			1		
S3F-a	162	I'm almost uncomfortable with the silence	uncomfortable (like shoes or chairs)	uncomfortable (having unpleasant sensations)	1	1	1	1	1			1		
S3F-a	163	I have like this weird sensations	to have (as to possess)	to have (as to experience)	1	0								
S3F-a	163	almost like it almost like a radio tuning	to be a radio tuning	to sound like a radio tuning	1	1	1	1			1	1		
S3F-a	163	like a frequency of tones	to hear sounds of different frequencies	to experience hearing sounds of different frequencies	0									
S3F-a	163	I hear those even louder	to hear loud sounds	to experience hearing loud sounds	0									
S3F-a	164	it goes up and down	higher and lower on a vertical scale	higher and lower frequencies	1	1	0							
S3F-a	164	that is like turning the	turning a radio knob	experience the sounds as if	1	1	1	1			1	1		

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		knob they go...		one was turning the radio knob										
S3F-a	165	Like a radio trying to get frequency	hearing a radio	hearing radio-like sounds	1	1	1	1			1	1		
S3F-a	165	that I always tuned out	tune out (to decrease the level of an audio signal)	tune out (to ignore)	1	1	1	1	1			1		
S3F-a	166	coming out	coming out (being emitted)	coming out (origination from?)	1	1	1	1		1		1		
S3F-a	172	part of me wants it to happen	part (piece of sth)	part of me (an aspect of my conscious thoughts)	1	1	1	1	1					1
S3F-a	172	clinging to stay inside my body	clinging (gripping hard)	clinging (struggling to be focused)	1	1	1	1			1	1		
S3F-a	174	and like you are farther and farther away	farther (more distant in space)	farther (less directly experienced)	1	1	1	1			1	1		
S3F-a	175	almost like not here	not here (somewhere else)	not here (not being attentive)	1	1	1	1			1	1		
S3F-a	176	I have to stay here	stay (do not change position)	stay (be attentive)	1	1	1	1			1	1		
S3F-a	179	I'll start hearing in ac- its almost like all kinds of voices	(external stimuli sounds) almost like voices	(auditory experience) almost like voices	0	0	0	0						
S3F-a	180	literally like a body paralyzation like my body is paralyzed	actual paralysis	paralyzed (hard to move)	1	1	1	1			1	1		
S3F-a	180	I'll be like, uhm, come back, come	come back (return)	come back (be attentive)	1	1	1	1			1	1		

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S4F-a	6	I have a baby at home	having a baby at home (at the moment)	having a small child	1	1	0							
S4F-a	6	that adds to it	adds (to put numbers together)	increases the intensity	1	1	1	1	1					1
S4F-a	8	I flipped out because I cut my hair off	flipped (turned sth over quickly)	flipped (had strong emotional reaction)	1	1	1	1	1					1
S4F-a	9	I start getting hot flashes	flash (light)	hot flashes (sudden sensations of warmth)	1	1	1	1		1				1
S4F-a	9	feel like I have to throw up or faint	have to (must) throw up or faint	have to (about to) throw up or faint	1	0								
S4F-a	17	I do not want to pass out	pass out (a piece of paper)	pass out (faint)	1	0								
S4F-a	23	It does not really come up very often	come up (enter)	come up (appear)	1	1	1	1	1					1
S4F-a	28	when I know that's coming	coming (moving towards someone)	coming (happening soon)	1	1	1	1	1					1
S4F-a	34	to end up going to the hospital	going to the hospital (entering the hospital building)	going to the hospital (as a patient)	1	1	0							
S4F-a	35	I try to avoid passing out	pass out (a piece of paper)	pass out (faint)	1	0								
S4F-a	41	My biggest fear	big (taking up a lot of space)	big (severe)	1	1	1	1	1			1		
S4F-a	42	that is my hugest fear	huge(taking up a lot of space)	huge (severe)	1	1	1	1		1		1		
S4F-a	42	that I am going to be have to be out of	out of commission (not being able take orders)	out of commission (being inactive)	1	1	1	1	1			1		

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		mind												
S4F-a	112	driving me crazy	driving (a car)	driving (leading to)	1	1	1	1	1					1
S4F-a	119	pull their weight	pull weight (carry heavy object)	pull weight (do one's share of work)	1	1	1	1	1					1
S4F-a	121	dirty looks	dirty (not clean)	dirty (unpleasant, mean)	1	1	1	1	1					1
S4F-a	122	the eye roll from the secretary or something	eye roll (facial expression)	eye roll (manifesting annoyance)	1	1	0							
S4F-a	124	it goes under respect	under (below)	under respect (disrespect)	1	1	1	1		1				1
S4F-a	124	huge pet peeve of mine	pet (a domestic animal)	pet (minor) peeve	1	1	1	1	1					1
S4F-a	130	I have been pushing that little late envelope a little bit more every day	envelope (set of limitations governing safe operation of the aircraft)	pushing the envelope (pushing the boundary)	1	0								
S4F-a	130	trying not to fall in that pattern	fall (involuntary movement downwards)	fall in a pattern (start behaving a way that one is trying to avoid)	1	1	1	1		1				1
S4F-a	133	I debate whether I should even go, if I am going to be late	debate (a discussion between a group of people)	debate (consideration)	1	1	1	1	1					1
S4F-a	140	life happens	there is life that exists	different unexpected events happen in one's life	1	1	0							
S4F-a	140	things happen in your life	(some) things happen in one's life	different unexpected events happen in one's life	1	1	0							
S4F-a	145	in my time sheet	a paper sheet with a time table	plans	1	1	1	1			1			1

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S4F-a	147	I do not want to have to run into anybody	run into (bump into)	run into (meet)	1	1	0							
S4F-a	153	a lot of attention brought to myself	bring (take sth with oneself)	bring (attract)	1	0								
S4F-a	153	I always moved under the radar	like a submarine	be unnoticed	1	1	1	1		1				1
S4F-a	153	I do not like the limelight	do not like the light emitted by the limelight	do not like being in the center of attention	1	1	0							
S4F-a	158	I do not show signs of weakness	do not communicate or otherwise show one's physical weakness	do not show one's vulnerability	1	1								
S4F-a	160	I am towards the end of my schooling	towards (in the direction)	towards the end (soon to finish sth)	1	1	1	1	1					1
S4F-a	160	I cannot slow down now	slow down (move more slowly)	slow down (do tasks more slowly)	1	1	1	1	1					1
S4F-a	161	if I pass out in the meantime	pass out (a piece of paper)	pass out (faint)	1	0								
S4F-a	161	I don't have time to pass out	do not have time to (lack time to do sth)	do not have time to (not allow oneself to experience sth)	1	1	1	1			1	1		
S4F-a	171	I think my body's telling me	telling (communicating verbally)	telling (manifesting)	1	1	1	1		1		1		
S4F-a	171	I have to slow down	slow down (move more slowly)	slow down (do tasks more slowly)	1	1	1	1	1			1		
S4F-a	171	my mind won't let it	mind (function of the brain)	mind (subject's conscious thoughts)	1	0	0							
S4F-a	173	I think it's just my	fighting (combating)	not meeting one's physical	1	1	1	1			1	1		

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		body and my mind fighting		needs										
S4F-a	173	one wants me to slow down, the other one's like, no, I have to get this done	part (piece of sth)	part (conflicting thoughts)	1	1	1	1	1			1		
S4F-a	173	I blank out a lot	blank out (make sth blank)	blank out (not being attentive)	1	1	1	1		1				1
S4F-a	173	I'm just going through the motions	go through sth (move through)	go through the motions (being occupied)	1	1	1	1	1					1
S4F-a	174	I feel like my defenses are down	defenses are down (in a battle)	defenses are down (being vulnerable)	1	1	1	1		1				1
S4F-a	175	Adrenalin races so you get more, you can get more done	racing - participating in a race, moving fast	racing - adrenalin is produced in the body)	1	1	1	1		1		1		
S4F-a	176	Your adrenalin's racing	racing - participating in a race, moving fast	racing - adrenalin is produced in the body)	1	1	1	1		1		1		
S4F-a	181	They do not even pay attention	pay (for goods/services)	pay attention (be attentive)	1	0								
S4F-a	193	everything I do is distracting, everything I do I just, I try to distract myself	everything	a lot of things	1	0								
S4F-a	195	he takes forever	forever (eternity)	forever (long time)	1	0								
S4F-a	199	I am petrified of flying	petrified (turned into stone)	petrified (really scared)	1	1	1	1	1					1
S4F-a	203	I do a lot of the head	head things (things related	head things (thoughts)	1	1	0							

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		things	to the head)											
S4F-a	211	until I get hold of him	get hold of (grasp)	get hold of (contact)	1	1	1	1	1					1
S4F-a	213	I drop my daughter off	drop off (leave)	drop off (leave under sbd else's care)	1	1	0							
S4F-a	213	because I had to be up, I had to be here	up (upwards)	up (active)	1	1	1	1	1					1
S5F-a	3	just trying to think about something in my head	in one's head (like the brain is in my head)	in one's head (in one's mind)	1	1	0							
S5F-a	4	Tightening in my chest	tightening (getting more tight)	tightening (feeling of the chest being more tight, difficulties breathing)	1	1	1	1	1					1
S5F-a	4	nervous legs	nervous (emotional state)	nervous (agitated)	1	1	0							
S5F-a	4	just got fidgety	fidgety (making continuous small movements)	fidgety (agitated, nervous)	1	1	0							
S5F-a	4	There's a lot of anxiety	a lot of (an amount of a substance)	a lot of (intensity of an experience)	1	1	1	1	1					1
S5F-a	5	I feel lightheaded	light (lightweight)	lightheaded (spacey, dizzy)	1	1	1	1	1					1
S5F-a	9	I'm getting just teary eyed	teary eyed (having tears in one's eyes)	teary eyed (about to cry)	1	1	0							
S5F-a	10	My sinuses are bad anyway	bad (opposite of good)	bad (not working properly)	1	1	1	1	1					1
S5F-a	10	it's working out a little bit	working out (at the gym)	working out (being effective)	1	0								
S5F-a	14	it's like my brain	to exit through the	to have difficulties thinking	1	1	1	1	1			1		

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
		goes out the window	window											
S5F-a	14	it's like I lose IQ points	to get a worse IQ test score than before	to become less intelligent	1	1	1	1		1		1		
S5F-a	15	hard to really register in my head what you're actually asking me	register (record)	register (notice)	1	1	1	1	1			1		
S5F-a	20	I take a lot of other people's emotions and I just adapt them almost as my own	take sth from sbd and adapt for one's needs	be affected by other people's emotions	1	1	1	1			1			1
S5F-a	28	I don't know, they're just coming	coming (moving towards someone)	coming (happening soon)	1	1	1	1	1			1		
S5F-a	28	it always comes out when stuff happens	come out (moving away from a place)	come out (manifest, appear)	1	1	1	1	1					1
S5F-a	30	choked up a little	choked up (choking, suffocating)	choked up (sensation similar to choking, but not actually choking)	1	1	1	1	1			1		
S5F-a	32	there's just the tightness in my throat and that's it	tightening (getting more tight)	tightening (feeling of the throat being more tight, difficulties breathing)	1	1	1	1	1			1		
S5F-a	32	my tears are subsiding	subsiding (becoming less strong)	subsiding (stop from falling)	1	1	1	1	1			1		
S5F-a	38	It's driving me nuts	driving (a car)	driving (leading to)	1	1	1	1	1					1
S5F-a	39	I take it on myself to do all that stuff	take on (carry)	take on (become responsible for)	1	1	1	1	1					1
S5F-a	53	Well, in my mind, it's, the cloud's not	cloud going far (moving	feeling of anxiety becoming	1	1	1	1			1	1		

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S5F-a	65	I would tell it not to go too far because I might need it back a little bit, I might need it	I would tell the cloud not to go to far away	I don't want my anxiety to disappear completely	1	1	1	1			1	1		
S5F-a	67	Cloud, don't go too far because I might need you again	cloud, don't go too far...	I may need to experience anxiety in some cases	1	1	1	1			1	1		
S5F-a	69	It's gone a little bit further, further away	the cloud is less apparent	Anxiety is less strong	1	1	1	1			1	1		
S5F-a	71	if that cloud goes away completely	if cloud disappears	If anxiety disappears	1	1	1	1			1	1		
S5F-a	78	just decompressing	reducing pressure	relaxing	1	1	1	1		1				1
S5F-a	80	it all went away	it moved away	the feeling subsided	1	1	1	1	1			1		
S5F-a	81	it just went away	it moved away	the feeling subsided	1	1	1	1	1			1		
S5F-a	81	I had, just had a blue, I just imagined, like a blue sky	I imagined a blue sky	I don't experience anxiety right now	1	1	1	1			1	1		
S5F-a	83	kind of relief	a kind of relief	some relief	0									
S5F-a	83	I've kind of made peace with the fact that it probably won't happen	peace (stop from fighting)	peace (accept)	1	1	1	1		1				1
S5F-a	87	legs are relaxed	relaxed (emotional state)	relaxed (muscles are not tense)	1	1	0							
S5F-a	91	I'd welcome it,	welcome (like you would your guest)	welcome (allow to experience)	1	1	1	1		1				1

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S5F-a	91	spoil it a little bit	spoil (like you would a child)	spoil (experience with great attention)	1	1	1	1			1			1
S5F-a	100	Cloud's coming back	cloud is appearing back in the sky	Feelings of anxiety are back	1	1	1	1			1	1		
S5F-a	101	Telling me to put it away	the cloud is telling to put sth away	Anxiety as a reaction to an unpleasant thought	1	1	1	1		1		1		
S5F-a	101	Telling me to shove it away	the cloud is telling to shove sth away	Anxiety as a reaction to an unpleasant thought	1	1	1	1		1		1		
S5F-a	109	it's coming in there right now	cloud is appearing back in the sky	Feelings of anxiety are back	1	1	1	1	1					1
S5F-a	109	and then it kind of goes away	cloud disappears	Feelings of anxiety are becoming less intense	1	1	1	1	1					1
S5F-a	110	can't keep it	can't keep holding it	can't bear through the experience	1	1	1	1		1				1
S5F-a	113	something triggers it	trigger (like pulling a trigger)	trigger (cause strong emotional reaction)	1	1	1	1	1					1
S5F-a	113	it's there, right there again	cloud is appearing back in the sky	Feelings of anxiety are back	1	1	1	1			1	1		
S5F-a	119	It says you need to let it go away	the cloud is telling to put sth away	Anxiety as a reaction to an unpleasant thought	1	1	1	1			1	1		
S5F-a	120	I need to let it go	let it go (allow to leave)	let it go (don't think about it anymore)	1	1	1	1	1					1
S5F-a	129	and then I say something and it brings back	it carries sth back	I say sth and have these thought again	1	1	1	1	1			1		
S5F-a	132	get the elephant, you know	an elephant	sth obvious that nobody want to talk about	1	1	1	1	1			1		

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S5F-a	133	the pink elephant that no one's talking about	the pink elephant	sth obvious that nobody want to talk about	1	1	1	1	1			1		
S5F-a	133	I have my pet elephant	pet elephant	a thought or belief that is significant to me that I don't wanna talk about	1	1	1	1	1			1		
S5F-a	135	pure hell	hell (opposite of heaven)	hell (terrible situation)	1	1	1	1	1					1
S5F-a	135	my grilled cheese and tomato soup days	days when one eats grilled cheese and tomato soup	period of time characterized by poor self care	1	1	0							
S5F-a	135	I went down to, like, a size two or four	down (downwards)	went down (lost weight)	1	1	0							
S5F-a	135	get me going	make me move	motivate me	1	1	1	1		1				1
S5F-a	135	burn a candle	burn a candle in someone's intention	feel pity for someone	1	1	1	1		1				1
S5F-a	137	That's what made the cloud	that's what the cloud consists of (masses of water)	that's what cause my anxiety	1	1	1	1			1	1		
S5F-a	141	just like a nice release	release (allow to move freely)	release (relief)	1	1	1	1	1					1
S5F-a	141	I felt like I always have to hide	hide (behind a tree)	hide (not talk about sth)	1	1	1	1	1					1
S5F-a	152	we ran into him once	ran into (bump into)	ran into (met unexpectedly)	1	1	0							
S5F-a	153	They were very supportive	supportive (holding sth firmly and carrying its weight)	supportive (helpful)	1	1	1	1	1					1
S5F-a	154	always been out of it	out of it (outside/without)	out of it (excluded)	1	1	1	1	1					1

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S5F-a	154	they actually gave their support	support (holding sth firmly and carrying its weight)	support (help)	1	1	1	1	1					1
S5F-a	154	I had flashbacks	a part of a film that goes back to events in the past	a sudden memory of a past traumatic event	1	1	1	1	1					1
S5F-a	159	I just keep looking for little flaws	flaws (of a material)	flaws (of one's personality)	1	1	1	1	1					1
S5F-a	164	I'm happy I got to move on	move on (move to another step or move further)	move on (accept the part)	1	1	1	1	1					1
S5F-a	171	wonder where's she going to go now with this	to go (to move)	to go (chance the subject)	1	1	1	1		1				1
S5F-a	174	Yeah, it's not so bad, I might keep that, I might keep the cloud	I might keep the cloud (in my memory)	I might keep the cloud (imagining anxiety as a cloud)	1	1	1	1			1	1		
S5F-a	180	I like being secluded	secluded (hard to reach, away from people, roads and buildings)	secluded (not among other people)	1	1	1	1		1				1
S5F-a	180	I want to be secluded from everybody else	secluded (hard to reach, away from people, roads and buildings)	secluded (not among other people)	1	1	1	1		1				1
S5F-a	181	It just creeps up	creeps (move slowly, not to be noticed)	creeps (appears unexpectedly)	1	1	1	1	1			1		
S5F-a	185	he pokes back up	poke (push a finger into sth)	poke (make present)	1	1	1	1			1	1		
S5F-a	185	I can't just let it go, get rid of it	let it go (allow to leave)	let it go (don't think about it anymore)	1	1	1	1	1			1		

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S5F-a	196	take care of unfinished business	business (buying/selling goods/services)	business (task)	1	0	0	0						
S5F-a	202	choking	choking (suffocating)	choking (having difficulties breathing or speaking)	1	1	1	1	1			1		
S5F-a	202	the dry throat and choked up	choked up (suffocating)	choked up (having difficulties breathing or speaking)	1	1	1	1	1			1		
S5F-a	210	I like that I have strength	strength (ability to apply force, physical power)	strength (emotional resilience)	1	1	1	1	1					1
S6F-a	4	I just couldn't take it anymore	take it (pick sth up)	take it (accept)	1	1	1	1	1			1		
S6F-a	9	I was putting a lot on myself	put on (a surface)	put on (take responsibilities)	1	1	1	1		1		1		
S6F-a	10	we were scared to death	being scared so much that it resulted in death	being really scared	1	1	1	1		1		1		
S6F-a	12	I have really, really, really long line of it	long line (long distance between two points)	long line (long history)	1	1	1	1		1		1		
S6F-a	15	I was worried sick	worried so much that one gets sick	really worried	1	1	1	1	1			1		
S6F-a	16	I had went from a D to an F in high school with my breast size	went from (point a to b)	went from (changed)	1	1	1	1		1				1
S6F-a	19	they have, had a long line of cancer	long line (long distance between two points)	long line (long history)	1	1	1	1		1		1		
S6F-a	21	I was still scared to death	being scared so much that it resulted in death	being really scared	1	1	1	1		1		1		
S6F-a	23	reach my full	full (like a container)	full (fully developed)	1	1	1	1	1					1

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		potential												
S6F-a	24	I have a vision of what I want to accomplish	vision (perceiving sth visually)	vision (plan)	1	1	1	1	1					1
S6F-a	31	we can die in a blink of an eye	die very fast	die at any moment	1	1	1	1	1					1
S6F-a	31	get into a car accident	get into (enter)	get into (get involved in)	1	1	1	1	1					1
S6F-a	34	it's a lot to kind of juggle everything	juggle (throw several object in the air and catch them)	juggle (do a lot of things at the same time)	1	1	1	1	1					1
S6F-a	35	everything kind of falls on me	falls on me (suddenly goes down and lands on me)	falls on me (I have to do this)	1	1	1	1	1			1		
S6F-a	42	some days I'm really manic	manic (in a clinical state of mania)	manic (very nervous, excited, anxious)	1	1	1	1	1					1
S6F-a	43	I do see a therapist	see (with one's eyes)	see (have an appointment with)	1	1	0							
S6F-a	43	issues that could have come up because of that	come up (enter)	come up (appear)	1	1	1	1	1					1
S6F-a	44	I have to see a psychiatrist again	see (with one's eyes)	see (have an appointment with)	1	1	0							
S6F-a	47	turn off my brain	turn off (switch off a machine)	turn off (stop thinking)	1	1	1	1		1				1
S6F-a	53	your body is gonna wear down	wear down (like an old pair of shoes)	wear down (get sick)	1	1	1	1	1					1
S6F-a	55	knock it out	knock out (punch	knock out (get sth done)	1	1	1	1	1					1

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S6F-a	129	I fell into it	fell into (a hole)	fell into (acquire a belief)	1	1	1	1	1					1
S6F-a	131	What if she's a pigsty	pigsty (where the pigs live)	pigsty (dirty)	1	1	1	1	1					1
S6F-a	136	freeing up some schedules	freeing up (making free)	freeing up (creating more free time)	0									
S6F-a	137	get more sleep	get (receive)	get more sleep (sleep more)	1	0								
S6F-a	141	I see a therapist	see (with one's eyes)	see (have an appointment with)	1	1	0							
S6F-a	142	he has this stigma	stigmata (marks that appear on a person's body in the same places as those made on Jesus' body when he was fastened to a cross with nails)	stigma (prejudice)	1	1	1	1	1					1
S6F-a	142	go to therapist	go to (move towards)	go to (meet)	1	1	0							
S6F-a	142	go and see a therapist	go to (move towards) and see (with one's eyes)	have appointment with	1	1	0							
S6F-a	146	he was on Zoloft	to be on (placed on a surface)	to be on (to take a medication)	1	0								
S6F-a	146	it fell off for him	fell off (moved down freely from sth)	fell off (not work properly?)	1	0								
S6F-a	149	My mom is very, very clingy	clingy (holding sth tight)	clingy (protective)	1	1	1	1	1					1
S6F-a	151	you need some space	space (physical)	space (personal freedom)	1	1	1	1	1					1
S6F-a	155	I bring it up myself	bring it up (move it upwards)	bring it up (mention it)	1	1	1	1	1					1

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S6F-a	155	I kind of carried that over into young adulthood	carried into (moved into)	carried into (to have a quality)	1	1	1	1		1				1
S6F-a	155	I have an answer for, you know, ABCD, all the way through the Z	know answers to questions A B C -Z	be prepared for everything, know everything	1	1	1	1	1					1
S7F-a	1	my heart rate and body temperature starts to go up	go up (move upwards)	go up (get warmer/ more frequent)	1	1	0							
S7F-a	1	getting a little short of breath	shortness (short distance from top to bottom)	shortness of breath (shallow breath)	1	1	1	1	1			1		
S7F-a	2	I just want to get out of my skin	get out (exit, escape)	get out of my skin (escape the situation one is in)	1	1	1	1		1				1
S7F-a	3	I stumble on my words	stumble (step awkwardly)	stumble (make mistakes)	1	1	1	1	1					1
S7F-a	5	all contact, even like thoughts	contact (interaction)	contact (thinking about sth)	1	0								
S7F-a	8	I can't think straight	straight (continuing in one direction)	straight (properly, in order)	1	1	1	1	1					1
S7F-a	8	I just can't function	function (operate properly)	function (do things)	1	1	1	1	1					1
S7F-a	9	in my right mind	right (right side)	right (properly)	1	1	1	1	1					1
S7F-a	16	particular occurrence or incident or thought umm... is approaching	approaching (moving towards)	approaching (going to happen)	1	1	1	1	1					1

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S7F-a	21	you're building up uh... a birthday party	building up (from bricks)	building up (organizing)	1	1	1	1		1				1
S7F-a	23	it's probably for like a natural protection of yourself	protection (physical)	protection (protective behavior)	1	1	1	1	1					1
S7F-a	24	Fight or flight	fight or flight (behavior)	fight or flight (reaction to a stressor)	1	1	1	1		1		1		
S7F-a	30	shortness of breath	shortness (short distance from top to bottom)	shortness of breath (shallow breath)	1	1	1	1	1			1		
S7F-a	34	They go out of this world	out from this world (from another world)	out of this world (very strange)	1	1	1	1		1		1		
S7F-a	35	they are not logical thinkings	following logic	rational	0									
S7F-a	39	Like they just come right away	come (move towards)	come (appear)	1	1	1	1	1			1		
S7F-a	39	I somehow try to tame them	tame (make domesticated)	tame (control)	1	1	1	1		1		1		
S7F-a	41	I do know the answer but it's just not coming out correctly	coming out (moving outside from sth)	coming out (articulate)	1	1	1	1	1					1
S7F-a	42	I couldn't control what I wanted to say or do	couldn't control the wanting	couldn't control the saying/doing	1	0								
S7F-a	46	It's like rolling	rolling (movement)	rolling (sensation)	1	1	1	1			1	1		
S7F-a	46	It's bubbling	bubbling (creating bubbles)	bubbling (sensation)	1	1	1	1			1	1		

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S7F-a	47	Everything all at once just rushes to	rush (quick, unorganized movement)	rush (sensation)	1	1	1	1	1			1		
S7F-a	48	they get tense	tense (stretched)	tense (muscle sensation)	1	1	0							
S7F-a	48	if I'm standing all of a sudden it gets really tight	tight (unable to move)	tight (unpleasant)	1	1	1	1	1			1		
S7F-a	48	like I'm squeeze... I'll squeeze my hands	squeeze (press firmly)	squeeze (clench to press firmly)	1	1	0							
S7F-a	48	try to divert some of the feelings that I'm feeling	divert (cause sth to change direction)	divert (stop from being experienced)	1	1	1	1			1			1
S7F-a	50	I give myself a little pain	give (a present)	give (cause)	1	0								
S7F-a	54	I get that in my feet, in my fingers. I do	get (receive)	get (experience)	1	0								
S7F-a	56	I try to get some movement into my muscles	get (receive)	get (experience)	1	0								
S7F-a	57	I'm feeling tensed	tense (stretched)	tense (muscle sensation)	1	1	0							
S7F-a	57	they can get some mobility	get (receive)	get mobility (move)	1	0								
S7F-a	57	get a release	release (allow to move freely)	release (relief)	1	1	1	1	1					1
S7F-a	59	I feel like the world is standing still and it's umm	like the world is not moving	derealization	1	1	1	1			1	1		
S7F-a	59	like nothing else	within the couple of feet	in close distance	1	1	0							

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		matters but what's going on right there within like a couple feets												
S7F-a	62	I block out the world	block (create a barrier)	emotional dissociation	1	1	1	1		1		1		
S7F-a	68	For protection, fight or flight	fight or flight (behavior)	fight or flight (reaction to a stressor)	1	1	1	1		1		1		
S7F-a	74	stomach distress	distress (emotion)	distress (digestive problems?)	1	1	0							
S7F-a	74	racing thoughts	racing - participating in a race, moving fast	racing thoughts (a lot of thoughts)	1	1	1	1		1				1
S7F-a	74	That's my mind	mind (function of the brain)	mind (subject's conscious thoughts)	1	0								
S7F-a	75	The cognitive	the cognitive (related to cognition)	the cognitive (thoughts)	1	0								
S7F-a	76	Try to control anxiety	control (like a machine)	control (self-regulate)	0									
S7F-a	90	It's like the engine	remembering the engine physically	resembling the engine functionally	1	1	1	1	1				1	
S7F-a	90	Keeps it running	keeps it running (causes sth to run)	keeps it running (keeps me alive)	1	1	1	1			1	1		
S7F-a	107	Maybe they can't sustain the blow	sustain the blow (strike hard)	sustain the blow (function properly)	1	1	1	1			1			1
S7F-a	124	I won't go back until I calm mode	mode (way of operating)	mode (behavior)	1	1	1	1	1					1
S7F-a	159	In my head it comes off nicely	comes off (ends in particular position)	comes off (appears to be)	1	1	1	1	1					1

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S7F-a	164	It needs to come out somehow	come out (moving away from a place)	come out (to manifest itself)	1	1	1	1	1					1
S7F-a	172	how can I have kind of I attack it	attack (offence)	attack (solve)	1	1	1	1	1					1
S7F-a	175	deal with the situation	deal (sell/buy goods/services)	deal (solve a problem)	1	0								
S7F-a	198	nerve-wracking	wracking (destroying)	nerve-wracking (causing worry)	1	1	1	1	1					1
S7F-a	214	My hair was coming out	coming out (moving outside from sth)	coming out (falling out)	1	1	1	1	1					1
S8F-a	2	I have a wall on my emotions	a wall (made of bricks)	a wall (a barrier)	1	1	1	1	1			1		
S8F-a	4	you stuck with it the most	stuck (to the surface)	stuck (become memorized)	1	1	1	1		1		1		
S8F-a	4	that stood out with me	stood out (of the crowd)	stood out (was particularly noticeable)	1	1	1	1	1					1
S8F-a	8	don't pick up on it	pick up (e.g. from the floor)	pick up (notice)	1	1	1	1	1					1
S8F-a	14	break through my emotions	break through (a barrier e.g. wall)	break through (experience)	1	1	1	1	1			1		
S8F-a	27	I had the wall	a wall (made of bricks)	a wall (a barrier)	1	1	1	1	1			1		
S8F-a	27	before things got really out of hand	got out of hand (to lose grip)	got out of hand (became hard to control)	1	1	1	1	1					1
S8F-a	27	keep everything inside	keep inside (a container)	keep inside (not express)	1	1	1	1	1					1
S8F-a	27	Which is what sort of made everything	explode (physical)	explode (become very)	1	1	1	1	1			1		

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		explode	explosion)	intense)										
S8F-a	28	breaking down	braking down (falling apart)	breaking down (becoming depressed)	1	1	1	1		1				1
S8F-a	33	laugh off my problems	laugh off (laugh to make sth go away)	laugh off (ignore by laughing)	1	1	1	1	1					1
S8F-a	42	always the battle between him and my mom	battle (war)	battle (argument)	1	1	1	1		1		1		
S8F-a	43	and it would go between us	between (space between two entities)	between (relation between two people)	1	1	1	1	1			1		
S8F-a	44	kinda caught in the center	center (middle of sth)	center (involved in sth)	1	1	1	1		1		1		
S8F-a	52	come with such baggage and history	baggage (e.g. a suitcase)	baggage (experiences)	1	1	1	1	1			1		
S8F-a	53	I learned to water it down to people	water it down (add water to make less concentrated)	water it down (make less intense than it really is)	1	1	1	1	1			1		
S8F-a	61	my emotions go in my writing	go (move)	go (are expressed)	1	1	1	1	1			1		
S8F-a	66	My whole body, like, like talking-wise, I guess, just shuts down	shut down (switch off a machine)	such down (dissociated)	1	1	1	1		1		1		
S8F-a	66	I will cut myself off into isolation	cut sth off into (cut sth is a way so that it falls into a container)	cut myself off into isolation (do not interact with anybody)	1	1	1	1	1			1		
S8F-a	67	I just cut off	cut sth off into (cut sth is a way so that it falls into a	cut myself off into isolation (do not interact with	1	1	1	1	1			1		

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			container)	anybody)										
S8F-a	71	I'll give it a shot	shot (with a gun)	shot (a try)	1	0								
S8F-a	84	the anxiety within me starting to form	starting to form (gradually forming)	starting to form (arising)	1	1	1	1		1				1
S8F-a	87	probably around an eight	eight (a number)	eight (on a 1-10 scale of anxiety)	1	1	0							
S8F-a	88	one thing is popping out in my head	popping out (appearing from under the surface)	popping out (appearing as a thought)	1	1	1	1	1					1
S8F-a	89	The wall	a wall (made of bricks)	a wall (a barrier)	1	1	1	1	1			1		
S8F-a	100	my mind obsesses	obsesses (exhibits obsessive behavior)	obsesses (is focused too much)	1	1	1	1	1					1
S8F-a	100	racing thoughts	racing - participating in a race, moving fast	racing thoughts (a lot of thoughts)	1	1	1	1		1		1		
S8F-a	108	sweet tooth	sweet tooth (a tooth made of sweet substance)	sweet tooth (appetite for sweets)	1	0								
S8F-a	111	sweet tooth	sweet tooth (a tooth made of sweet substance)	sweet tooth (appetite for sweets)	1	0								
S8F-a	128	what was going on in my head	in my head (like the brain)	in my head (in my thoughts)	1	1	0							
S8F-a	135	my jaw tenses up	tense (stretched)	tense (muscle sensation)	1	1	0							
S8F-a	136	which then starts to signal stress headaches	signal (give signals)	signal (causes?)	1	0								
S8F-a	142	it's all in my head	in my head (like the brain)	in my head (in my thoughts)	1	1	0							

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S8F-a	143	it'll be all up in my head	in my head (like the brain)	in my head (in my thoughts)	1	1	0							
S8F-a	143	I'll feel like anxiety here (gestures towards chest)	anxiety is located in one's chest	feeling of anxiety is associated with sensations is one's chest	1	1	0							
S8F-a	144	it's just like there up	upwards	sensations gradually appear above in throat etc.	1	1	0							
S8F-a	160	I feel like you're looking for something that isn't there in the rest of my body	looking for an object	looking for a sensation	1	0								
S8F-a	172	I get, like, images in my head	images (depictions)	images (imagination)	1	1	1	1	1			1		
S8F-a	174	my life was like in books	life in the books (a life of a character in a story)	books were important in my life	1	0								
S8F-a	176	since I was like taken away from this world	taken away (taken somewhere else)	taken away (wasn't focused on the reality)	1	1	1	1			1			1
S8F-a	177	I'm flooded with images	flooded (like when river causes a flood)	flooded (a lot of images in one's thought)	1	1	1	1		1		1		
S8F-a	178	racing thoughts	racing - participating in a race, moving fast	racing thoughts (a lot of thoughts)	1	1	1	1		1		1		
S8F-a	179	when I'm anxious, traumatic, um, is like a runner like running rapidly through the forest, like kicking up dirt	resembling a runner running rapidly through the forest, kicking up dirt	imagining running through the forest, kicking up dirt	1	1	1	1			1	1		

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S8F-a	180	Mud. Running through like bush	the runner runs through the mud and bushes	imagining a runner running through mud and bushes	1	1	1	1			1	1		
S8F-a	181	and forest	the runner runs through the forest	imagining a runner running through the forest	1	1	1	1			1	1		
S8F-a	182	My face outwardly annoyed	My face expresses annoyance	imagining my face expressing annoyance	1	0								
S8F-a	192	I'm too tired to keep up a front	to keep up a front (a vanguard; a line of battle)	keep up a front (hide emotions)	1	1	1	1	1					1
S8F-a	192	I'll snap at somebody	snap (cause sth to break suddenly)	snap (suddenly become unable to control anger)	1	1	1	1	1			1		
S8F-a	193	I never snap at anybody	snap (cause sth to break suddenly)	snap (suddenly become unable to control anger)	1	1	1	1	1			1		
S8F-a	198	It comes and goes quickly	comes and goes (moves towards and away)	comes and goes (appears and disappears)	1	1	1	1	1					1
S8F-a	208	where I've really exploded	explode (physical explosion)	explode (become very angry)	1	1	1	1	1			1		
S8F-a	216	She just, like sprung it on me	sprung on me (ran into me)	sprung on me (reveals sth unexpected)	1	0								
S8F-a	229	In my head.	head (body part)	head (mind)	1	1	0							
S8F-a	229	It stays there	it stays (inside my head; my brain stays inside my head)	it stays (in my mind; I continue to think about it)	1	0								
S8F-a	231	I don't think that's screaming	screaming (vocal action)	screaming (expressing intense emotion)	1	1	1	1			1	1		
S8F-a	233	the screaming is in my head but it's not in this poem	there is screaming in my head, but not in this poem	I experience intense emotions, but they are not expressed in this poem	1	1	1	1			1	1		

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S8F-a	268	it links into my feelings	it links (it connects two things or is connected to sth)	it links (it is connected) to my feelings	1	1	1	1	1					1
S8F-a	274	I keep it inside	inside (a container)	inside (unexpressed)	1	1	1	1	1			1		
S8F-a	274	people are temporary	people only last a certain amount of time, then they die	people are present in my life for a short period of time	1	0								
S8F-a	276	I don't open up to people	open up (become open)	open up (express my feelings and thoughts)	1	1	1	1	1			1		
S8F-a	284	That gets you to September	gets you to (takes you to, moves you from A to B)	gets you to (you will know what happened until) September	1	1	1	1			1	1		
S8F-a	285	Not very far	not very far (in space)	not very far (in time)	1	1	1	1	1			1		
S9F-a	1	I want to explore	explore (a terrain)	explore (one's feelings)	1	1	1	1	1			1		
S9F-a	2	So I wanted to explore	explore (a terrain)	explore (one's feelings)	1	1	1	1	1			1		
S9F-a	3	feel like I can't breathe	I can't breathe (I'm suffocating)	can't breathe (unpleasant sensations while breathing)	1	1	1	1		1		1		
S9F-a	22	That I had a family intact	intact (not damaged physically)	intact (whole, without divorces etc.)	1	1	1	1		1				1
S9F-a	22	to give us the life that we have	give us the life (give birth to)	give us the life (provide living conditions)	1	0								
S9F-a	22	and always playing your... your... your best foot forward	best foot forward (like in sport)	best foot forward (use one's advantages)	1	1	1	1	1					1
S9F-a	35	she's overpowering	overpowering (intense smell)	overpowering (personality)	1	1	1	1	1					1

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S9F-a	36	fighting over it	fighting (combat)	fighting (arguing)	1	1	1	1	1					1
S9F-a	40	she goes and seeks out recognition	goes and seeks out (moves and searches for)	goes and seeks out (attempts to gain recognition)	1	1	0							
S9F-a	40	it's a big deal	deal (sell/buy goods/services)	deal (sth important)	1	0								
S9F-a	40	But I didn't go the extra mile	go extra mile (distance)	go extra mile (to sth more than required)	1	1	1	1	1					1
S9F-a	51	compete with my brother	compete (take part in a competition)	compete (try to be more successful than the other)	1	1	1	1	1			1		
S9F-a	53	I always had to like, compete with him	compete (take part in a competition)	compete (try to be more successful than the other)	1	1	1	1	1			1		
S9F-a	61	I just kinda let it go	let it go (lose grip of sth)	let it go (choose to ignore sth)	1	1	1	1	1					1
S9F-a	72	So in a sense, I am alone, but not alone	alone (without companion)	alone (emotionally lonely)	1	1	1	1	1					1
S9F-a	74	I have the support system	support (holding sth firmly and carrying its weight)	support (help)	1	1	1	1	1					1
S9F-a	75	I'm going through	to go through (a physical obstacle)	to go through (emotional experience)	1	1	1	1	1					1
S9F-a	76	I can fix it on my own	fix it (repair)	fix it (solve a problem)	1	1	1	1	1					1
S9F-a	76	stop putting yourself down	put down (place sth down)	put down (make oneself sad)	1	1	1	1	1					1
S9F-a	76	let's move forward	move forward (in space)	move forward (ignore previous problems)	1	1	1	1		1		1		

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S9F-a	76	let's just keep going	keep going (move continuously)	keep going (be active)	1	1	1	1	1			1		
S9F-a	80	I'm going through	to go through (a physical obstacle)	to go through (emotional experience)	1	1	1	1	1			1		
S9F-a	97	I just kinda sit there	sit (be in a sitting position)	sit (reflect)	1	1	0							
S9F-a	97	just kind of try to ask, ask myself	ask (a question to sbd)	ask myself (reflect)	1	1	1	1	1					1
S9F-a	97	Get over it, like get over yourself	get over (a bridge)	get over (ignore problems or feelings)	1	1	1	1	1					1
S9F-a	100	the imagery that I'm giving off	giving off (producing, emitting)	the imagery I'm giving off (the impressions I make on others)	1	1	1	1		1				1
S9F-a	101	I have to have that role intact	intact (not damaged physically)	have that role intact (be a good mom)	1	1	1	1	1					1
S9F-a	101	I'm gonna break down	break down (destroy)	break down (severely experience difficult emotions)	1	1	1	1		1				1
S9F-a	101	I don't have things in order	having things in order (physical items placed neatly)	having things in order (having things under control)	1	1	1	1	1					1
S9F-a	113	it's not a big deal	deal (sell/buy goods/services)	deal (sth important)	1	0								
S9F-a	146	the closer ones	the closer ones (physically closer)	the closer ones (emotionally closer, more important)	1	1	1	1	1					1
S9F-a	153	in my head	in my head (like the brain)	in my head (in my thoughts)	1	1	0							

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S9F-a	153	brush it off	brush if off (a dust from a shoulder)	brush it off (ignore a problem)	1	1	1	1	1					1
S9F-a	154	Move it away	move away (take sth away from the initial position)	move it away (ignore)	1	1	1	1			1			1
S9F-a	158	I've never explored the... the reason to	explore (a terrain)	explore (one's feelings)	1	1	1	1	1			1		
S9F-a	159	the feeling of shutting it down	shut down (switch off a machine)	shut down (dissociate)	1	1	1	1		1		1		
S9F-a	159	never came to mind	came to my (house); visited	came to my mind (was a thought that I had)	1	1	1	1		1				1
S9F-a	160	I've never explored the	explore (a terrain)	explore (one's feelings)	1	1	1	1	1			1		
S9F-a	161	shut it down	shut down (switch off a machine)	shut down (dissociate)	1	1	1	1			1	1		
S9F-a	161	keep it moving	keep moving (move continuously)	keep moving (be occupied)	1	1	1	1		1		1		
S9F-a	163	shut it down	shut down (switch off a machine)	shut down (dissociate)	1	1	1	1			1	1		
S9F-a	163	Let's move on	move on (go to the next step/stage)	move on (forget/ignore)	1	1	1	1	1			1		
S9F-a	163	shut it down	shut down (switch off a machine)	shut down (dissociate)	1	1	1	1			1	1		
S9F-a	163	let's move on	move on (go to the next step/stage)	move on (forget/ignore)	1	1	1	1	1			1		
S9F-a	170	Exploring these feelings	explore (a terrain)	explore (one's feelings)	1	1	1	1	1			1		

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S9F-a	179	an extra hat to wear	an extra covering for the head	an extra role in society to have	1	1	1	1	1					1
S9F-a	187	shutting them down	shut down (switch off a machine)	shut down (dissociate)	1	1	1	1			1	1		
S9F-a	187	moving on	move on (go to the next step/stage)	move on (forget/ignore)	1	1	1	1	1			1		
S10F-a	6	should I go as far back as my childhood	far back (in space)	far back (in time)	1	1	1	1	1					1
S10F-a	13	I have probably seen about, oh! Gosh, over 20 different therapists	see (with one's eyes)	see (have an appointment with)	1	1	0							
S10F-a	14	I can't breathe	can't breathe (suffocate)	can't breathe (unpleasant sensations while breathing)	1	1	1	1		1		1		
S10F-a	14	I can't function	can't function (like a machine)	can't function (difficulty doing things)	1	1	1	1	1					1
S10F-a	14	where I feel like I can breathe	can't breathe (suffocate)	can't breathe (unpleasant sensations while breathing)	1	1	1	1		1		1		
S10F-a	15	medicine does help me	help (provide help and support)	help (ease the symptoms)	1	1	1	1	1					1
S10F-a	15	I should get off	get off (move from, exit)	get off (stop taking medicine)	1	0								
S10F-a	15	I get off	get off (move from, exit)	get off (stop taking medicine)	1	0								
S10F-a	22	I can't breathe	can't breathe (suffocate)	can't breathe (unpleasant sensations while breathing)	1	1	1	1		1		1		
S10F-a	27	I couldn't handle that	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1					1

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S10F-a	31	being in front of people	in front of people (placement)	in front of people (having an audience)	1	1	0							
S10F-a	33	fast metabolism	fast (able to move fast)	fast (working quickly)	1	1	1	1	1			1		
S10F-a	33	fast metabolism	fast (able to move fast)	fast (working quickly)	1	1	1	1	1			1		
S10F-a	34	My heart will be pounding	pounding (hitting repeatedly with a lot of force)	pounding (pumping blood fast)	1	1	1	1	1					1
S10F-a	35	It would still upset my stomach	upset (sad)	upset (not working properly)	1	1	1	1	1			1		
S10F-a	35	really bothers my stomach	bother (annoy or cause problems)	bother (irritate the stomach)	1	1	1	1	1			1		
S10F-a	36	ice cream bothers me,	bother (annoy or cause problems)	bother (irritate the stomach)	1	1	1	1	1			1		
S10F-a	37	I can tell myself no	tell no (not give a consent, negate)	tell myself no (stop myself from doing sth)	1	1	1	1	1			1		
S10F-a	37	I am constantly on the go	on the go (moving, going somewhere)	on the go (being active)	1	1	1	1	1			1		
S10F-a	37	I can't just sit and do one thing at a time	sit (be in a sitting position)	sit (rest)	1	1	0							
S10F-a	38	I put my mind to it	put (sth into a container or surface)	put my mind to it (think)	1	0								
S10F-a	39	very high energy	energy (from physics)	energy (feeling)	1	1	1	1		1		1		
S10F-a	40	high energy	energy (from physics)	energy (feeling)	1	1	1	1		1		1		
S10F-a	40	keep going	keep going (move continuously)	keep going (be active)	1	1	1	1	1			1		

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S10F-a	43	I am on medicine	on (a surface)	on medicine (taking medicine)	1	0								
S10F-a	43	I wasn't on medicine	on (a surface)	on medicine (taking medicine)	1	0								
S10F-a	43	I wouldn't want to go out and do anything	go out (exit)	go out (have social interactions)	1	1	0							
S10F-a	44	how I went through so much	to go through (a physical obstacle)	to go through (emotional experience)	1	1	1	1	1			1		
S10F-a	44	put my family through so much	to go through (a physical obstacle)	to go through (emotional experience)	1	1	1	1	1			1		
S10F-a	45	go see a therapist	see (with one's eyes)	see (have an appointment with)	1	1	0							
S10F-a	47	have to deal with	deal (sell/buy goods/services)	deal with (interact with)	1	0								
S10F-a	54	going through school	going through (a physical obstacle)	going through (completing)	1	1	1	1	1			1		
S10F-a	64	cancel up the pain	cancel (to cancel an event)	cancel (block out)	1	1	1	1			1			1
S10F-a	78	like I am going to pass out	pass out (a piece of paper)	pass out (faint)	1	0								
S10F-a	78	pick at and eat things	pick at (pluck, remove bit by bit)	pick at (eat mindlessly)	1	1	1	1	1					1
S10F-a	78	I have food in me	in me (in my body)	in me (in my stomach)	1	1	0							
S10F-a	79	up to a point	up to a point (in space or on a scale)	up to a point (until a stage/step/intensity is reached)	1	1	1	1	1					1

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S10F-a	79	I have been telling myself	telling (saying to)	telling myself (thinking)	1	1	1	1	1			1		
S10F-a	86	got my bachelors	got (received)	got (earned)	1	1	1	1	1					1
S10F-a	86	I am going right into my masters	going right into (entering)	going right into (starting)	1	1	1	1	1					1
S10F-a	92	they think I am a Disney character	they think I really am a Disney character	they think I resemble	1	1	1	1			1	1		
S10F-a	92	I could break out in a song any minute	break out (of prison)	break out (start)	1	0								
S10F-a	92	bubbly	bubbly (resembling bubbles)	bubbly (cheerful)	1	1	1	1	1			1		
S10F-a	93	it is like night and day	night and day (times of the day)	night and day (opposites)	1	1	1	1		1		1		
S10F-a	94	my mind is lazy	lazy (not willing to work or use effort)	my mind is lazy (I can't think properly=	1	1	1	1		1				1
S10F-a	95	Like I could tell myself	tell myself (say to)	tell myself (think)	1	1	1	1	1			1		
S10F-a	101	black out	black out (become blank?)	become unconscious	1	1	1	1	1			1		
S10F-a	114	pass out	pass out (a piece of paper)	pass out (faint)	1	0								
S10F-a	114	black out	black out (become blank?)	become unconscious	1	1	1	1	1			1		
S10F-a	128	the feeling of in my stomach	in my stomach (physically)	the sensation experienced as coming from the stomach	1	1	0							
S10F-a	133	I get something in my mind	in a container	I get sth in my mind (I get a thought)	1	1	1	1		1				1

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
S10F-a	137	I just go over things in my head, over and over	go over (a bridge)	go over things (think)	1	1	1	1	1					1
S10F-a	137	I will go over it in my head and I am like, stop	go over (a bridge)	go over things (think)	1	1	1	1	1					1
S10F-a	138	my mind won't have a chance to stop and think	mind (independent from the subject)	mind (subject)	1	1	0							
S10F-a	139	blank out my mind	blank out sth (make sth blank)	blank out my mind (get rid of the thoughts)	1	1	1	1	1			1		
S10F-a	140	I just told myself, stop	told myself (said to)	told myself (thought)	1	1	1	1	1			1		
S10F-a	147	I learned to live with my fear	live (be alive)	live (participate in life)	1	1	0							
S10F-a	147	I learned that I am always going to fear it	learned (in school)	learned (by experience)	1	1	1	1	1					1
S10F-a	147	to get my mind off of it	get off (of a train)	get off (of a thought)	1	1	1	1	1					1
S10F-a	162	I have gone through this basically my whole life	go through (a physical obstacle)	to go through (to experience)	1	1	1	1	1			1		
S10F-a	169	to get it off my chest like	off my chest (body part)	off my chest (off my mind)	1	1	0							
S10F-a	169	Friday was the turning point I think of my life	turning point (a point where sth changes direction)	turning point (change)	1	1	1	1	1					1

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S10F-a	186	I just kind of push off, oh! It is not a problem	push off (make something fall as a result of pushing)	push off (ignore)	1	1	1	1		1				1
S10F-a	186	obsessing about things in my mind	obsessing (exhibiting clinically obsessive behavior)	obsessing (focusing too much)	1	1	1	1	1					1
S10F-a	190	my stress levels just skyrocket	skyrocket (space ship)	skyrocket (increase really fast)	1	1	1	1	1					1
S10F-a	192	to get off my chest	off my chest (body part)	off my chest (off my mind)	1	1	0							
S10F-a	197	I have high hopes	high (distance from top to bottom)	high hopes (great hope)	1	1	1	1	1					1
S10F-a	206	I was too in deep like	in deep (water)	in deep (very engaged in/absorbed by)	1	1	1	1	1					1
S11F-s	1	get through the stress	go through (a physical obstacle)	go through (experience)	1	1	1	1	1					1
S11F-s	1	not let it, you know, take over	take over ownership	take over control	1	1	1	1	1					1
S11F-s	2	I would say a 10	the number 10	10 on 1-10 scale of stress	1	1	0							
S11F-s	6	Probably an eight	the number 8	8 on 1-10 scale of stress	1	1	0							
S11F-s	8	she is just there for me	she is just there for me (at a certain place)	there for me (eager to help)	1	1	1	1	1			1		
S11F-s	9	pointing towards me kind of	pointing towards me (with a finger)	pointing towards me (I am the cause)	1	1	1	1		1				1
S11F-s	11	they're kind of stumped	stumped (cut the tree and left the stump?)	stumped (unable to solve a problem)	1	0								
S11F-s	11	they keep pushing	pushing sth around (a	push sbd around (tell	1	1	1	1	1					1

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
		me around	space)	someone what to do)										
S11F-s	13	crashing with my blood pressure and sodium	crashing (act of sth falling and breaking)	crashing (rapidly decreasing)	1	1	1	1		1		1		
S11F-s	19	we're hoping there is not a big connection there	big (taking up a lot of space)	big (significant)	1	1	1	1	1					1
S11F-s	22	there is not a whole bunch of research	whole bunch (of flowers)	whole bunch of research (a lot of research)	1	1	1	1	1					1
S11F-s	22	they can't fight it as well	fight (combat)	fight (cure)	1	1	1	1	1			1		
S11F-s	26	get through it	get through (a physical obstacle)	get through (persist)	1	1	1	1	1					1
S11F-s	27	my daughter , she is really my strength	strength (ability to apply force, physical power)	she is my strength (she is my support)	1	1	1	1		1		1		
S11F-s	29	I haven't had the time to breakdown	break down (destroy)	break down (severely experience difficult emotions)	1	1	1	1		1				1
S11F-s	39	you are handling things, you know , but deep down, you're really not	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1					1
S11F-s	41	they are going through, you know , a lot of the same stuff	going through (a physical obstacle)	going through (experiencing)	1	1	1	1	1					1
S11F-s	51	It's like a stabbing pain	stabbing (someone with a knife)	stabbing pain (pain experienced as if someone is being stabbed)	1	1	1	1	1					1

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
			goods/services)											
S11F-s	72	how far do I go	far (in space)	far (in process of doing sth)	1	1	1	1	1					1
S11F-s	72	so I don't use up too much adrenaline	I use up (use sth for sth)	I use up (my body uses up in hormonal reaction)	1	1	0							
S11F-s	74	I'm my own worst enemy	enemy (other side of a conflict)	enemy (person that doubts you)	1	1	1	1		1				1
S11F-s	74	I push myself too far	push (apply force)	push (persuade)	1	1	1	1	1					1
S11F-s	74	I am not one to sit around	sit (be in a sitting position)	sit (rest)	1	1	0							
S11F-s	77	I have to be there for everybody	be there for (in a specific place)	be there for (offer help)	1	1	1	1	1					1
S11F-s	78	I don't really get time to sit down	sit (be in a sitting position)	sit (rest)	1	1	0							
S11F-s	81	it's like hitting different glands	hitting (punching)	hitting (attacking)	1	1	1	1	1			1		
S11F-s	81	which one is going to get hit next	hit (punch)	hit (attack)	1	1	1	1	1			1		
S11F-s	84	how many more tests can God give me												
S11F-s	85	God only gives you as much as you can handle	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1					1
S11F-s	93	it's kind of laid in front of me	laid in front of me (placed on a surface in front of me)	laid in front of me (offered to me)	1	1	1	1		1			1	
S11F-s	96	have been blessed and they have been	blessed (e.g. by a saint)	blessed (lucky)	1	1	1	1	1					1

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		pretty healthy												
S11F-s	99	If I didn't have that	have (possess)	have (a quality)	1	0								
S11F-s	100	we have been really close	close (near)	close (affectionate, important)	1	1	1	1	1					1
S11F-s	102	up at the hospital	up (upwards)	?										
S11F-s	104	we broke up	broke (a leg)	broke (a relationship)	1	1	1	1	1					1
S11F-s	112	we just crack up	cracking (creating cracks)	cracking (telling jokes)	1	0								
S11F-s	120	I would be crashing	crashing (act of sth falling and breaking)	crashing (rapidly getting worse)	1	1	1	1		1		1		
S11F-s	125	as we are a bundle	a bundle (a number of things fastened together)	a bundle (a couple)	1	1	1	1			1			1
S11F-s	125	We kind of go back and forth	back and forth	back and forth (reciprocal)	1	1	1	1		1				1
S11F-s	127	don't want to be stuck in a , you know, a hospital	stuck (fastened between two things)	stuck (required to stay)	1	1	1	1		1				1
S11F-s	129	I have been through a lot	be through (move through the space)	be through (experience)	1	1	1	1	1			1		
S11F-s	131	five or six	the numbers 5 or 6	5 or 6 on a 1-10 scale of stress	1	1	0							
S11F-s	133	making time for myself	making (creating)	making time (finding time)	1	1	1	1	1					1
S11F-s	136	I just felt like I had collapsed	collapsed (like a building)	collapsed (felt really bad)	1	1	1	1	1			1		

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S11F-s	147	I got a bang out of that	a bang (sudden, loud noise)	a bang (laugh)	1	1	1	1		1				1
S12F-s	2	this level of stress is kind of been building about two months now	building (making a building)	building (increasing)	1	1	1	1	1					1
S12F-s	3	that was huge for me	huge (size)	huge (importance)	1	1	1	1		1				1
S12F-s	3	She is a really big stressor	big (taking up a lot of space)	big (significant)	1	1	1	1	1					1
S12F-s	3	between my husband and I	between (the space in between the two points)	between (relationship)	1	1	1	1	1					1
S12F-s	4	my thoughts are just kind of racing	racing - participating in a race, moving fast	racing thoughts (a lot of thoughts)	1	1	1	1		1				1
S12F-s	4	And I kinda play everything over and over and over again in my head	play over again (replay)	play over again (reflect upon past event many times)	1	1	1	1		1				1
S12F-s	4	my stress is definitely comes out physically also	comes out (exits)	comes out (manifests)	1	1	1	1	1					1
S12F-s	4	I'm much more laid back than that	laid back (placed on a surface)	laid back (relaxed)	1	1	0							
S12F-s	5	I did learn over the years to not bring my work home with me	to bring my work home with me (physically bring sth)	to bring my work home with me (work outside of working hours at home, or think about work related topics)	1	1	0							
S12F-s	5	it was difficult not	back (orientation in	to think back (to think about	1	1	1	1	1					1

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		to think back	space)	the past)										
S12F-s	8	a lot of grown up responsibilities	grown up (fully grown)	grown up (characteristic to being an adult)	1	1	1	1	1			1		
S12F-s	9	being a grownup	grown up (fully grown)	grown up (being an adult)	1	1	1	1	1			1		
S12F-s	11	it's about outside of myself	outside (of a container)	outside myself (not to be focused on oneself)	1	1	1	1		1				1
S12F-s	11	all of garbage that's going on	garbage (trash)	garbage (confusing or difficult situation)	1	1	1	1		1				1
S12F-s	15	I will kind of take myself to another place	take myself out to another place (physical place)	take myself out to another place (imagine being in a different place)	1	1	1	1			1			1
S12F-s	18	that's still just a source of stress	source (place where sth starts)	source (cause)	1	1	1	1	1					1
S12F-s	18	I wonder if I can't completely let go with him	let go (stop holding onto sth)	let go (relax)	1	1	0							
S12F-s	18	I'm kind of on guard	on guard (prepared to protect from physical damage)	on guard (stressed)	1	1	1	1	1					1
S12F-s	27	there were a lot of thoughts	there were a lot of (objects)	there were a lot of thoughts (being thought by the subject)	1	1	1	1	1					1
S12F-s	27	I was able to kind of tune everything out	tune out (to decrease the level of an audio signal)	tune out (to ignore)	1	1	1	1	1			1		
S12F-s	29	kind of tune everything else out	tune out (to decrease the level of an audio signal)	tune out (to ignore)	1	1	1	1	1			1		
S12F-s	29	towards the end	towards (in the direction	towards the end (direction	1	1	1	1	1					1

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			of)	in time)										
S12F-s	32	the one thing to do with thoughts that you don't want is to put it in a balloon and - - visualize putting in a balloon	put in a balloon (insert sth into a physical balloon)	put in a balloon (imagine putting thought into a balloon)	1	1	1	1			1	1		
S12F-s	32	watching it farther way	watching (the baloon) moving further away	imagining the balloon moving further away	1	1	1	1			1	1		
S12F-s	34	They pop	(the balloons) pop	imagining balloons containing thoughts popping)	1	1	1	1			1	1		
S12F-s	42	I'm kind of a control freak	a kind of control freak	resembling a "control freak"	1	0								
S12F-s	42	I feel so powerless	powerless (a machine not supplied with power)	powerless (helpless)	1	1	1	1	1					1
S12F-s	47	I feel like a failure	like a failure (like the fact of not succeeding)	like a failure (like someone that cannot succeed)	1	0								
S12F-s	52	the way that was raised	raised (brought to a higher position in space)	raised (by parents)	1	0								
S12F-s	52	less than an A	less (amount lesser than the reference point)	less than an A (worse than the highest grade)	1	1	0							
S12F-s	53	I was actually grounded the entire semester	grounded (placed on solid ground)	grounded (not allowed to go out)	1	1	1	1	1					1
S12F-s	59	it's like his whole face lights up	light up (like a room then you turn the light on)	light up (become happy)	1	1	1	1	1					1

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S12F-s	64	the world kind of hasn't corrupted him	(someone) hasn't make him dishonest or immoral	(the state of affairs in the world) hasn't make him dishonest or immoral	1	1	0							
S12F-s	64	the littlest things	little (of a small size)	little (insignificant)	1	1	1	1			1	1		
S12F-s	64	that just like makes his night	makes (creates) his night	makes his night good	1	1	0							
S12F-s	64	the littlest things are just so important to him	little (of a small size)	little (insignificant)	1	1	1	1		1		1		
S12F-s	65	another women who is in and out of his life	in and out (of a container)	in and out (present and then absent)	1	1	1	1		1				1
S12F-s	74	my parents' marriage was struggling	marriage (whole)	marriage (two people married)	1	1	0							
S12F-s	75	I ignore myself a lot	ignore myself (intentionally not listen or give attention to sth)	ignore myself (not care for or meet my own needs)	1	1	1	1		1		1		
S12F-s	75	I really do neglect myself	neglect (to not give enough care or attention to people or things that are your responsibility)	neglect myself (not care for or meet my own needs)	1	1	1	1		1		1		
S12F-s	75	I just cringed when she asked me that	cringed (suddenly moved away from sth)	cringed (felt embarrassed)	1	1	0							
S12F-s	75	poor self-esteem	poor (not wealthy)	poor (having very little of particular quality)	1	1	1	1		1				1
S12F-s	76	it as kind of light or an energy	a kind of light or energy	imagining a light or energy	1	1	1	1			1	1		

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S12F-s	76	that I turn into an energy or light something like that	to turn sth into light (like a lightbulb does)	imagining turning positive affirmations into light or energy	1	1	1	1			1	1		
S12F-s	76	to turn my attention toward it	to turn (a knob)	turn one's attention (shift attention towards sth)	1	1	1	1			1	1		
S12F-s	77	And I saw it as like a light	I saw it as a light (I saw it manifested as a light)	I imagined it as a light	1	1	1	1		1		1		
S12F-s	78	I just saw a kind of light moving through my body	moving through my body (as foods moves through one's body)	Imagining light moving through one's body	1	1	1	1			1	1		
S12F-s	78	kind of like filling me up	filling up (a glass with water)	filling up (imagining being filled up with light)	1	1	1	1			1	1		
S12F-s	78	kind of spilling out	spilling out (of a container)	kind of spilling out imagining light overflowing the body)	1	1	1	1			1	1		
S12F-s	86	close friends	close (near)	close (important)	1	1	1	1	1					1
S12F-s	86	it was a huge step for me	huge (size)	huge (importance)	1	1	1	1		1				1
S12F-s	86	struggling with all those negative thoughts	struggling (trying hard to succeed or defeat sth)	struggling (having a lot of unsettling thoughts and facing difficulties managing them)	1	1	1	1	1					1
S12F-s	86	I've turned over a new leaf already	a new leaf (a fresh leaf on a plant?)	turn over a new leaf (make a positive change)	1	1	1	1	1					1
S12F-s	86	I was kind of supporting us and supporting him	supporting (holding sth firmly and carrying its weight)	supporting (helping)	1	1	1	1	1					1

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S12F-s	86	he went through school	to go through (a space from the starting to ending point)	to go through (to complete sth from the start to an end)	1	1	1	1	1					1
S12F-s	96	normally I would have jumped right on that	jump on sth (make a jump onto sth)	jumped right on that (start sth)	1	1	1	1	1					1
S12F-s	96	I usually live in should	live in (a location)	I live in should (my life is governed by my responsibilities)	1	1	1	1			1			1
S13F-s	3	he just gets to the point where	point (in space)	point (step, stage in a process)	1	1	1	1	1					1
S13F-s	8	tearing up the classroom	tearing up (pulling apart, separate into to or more pieces)	tearing up (destroying)	1	1	1	1	1					1
S13F-s	8	he has come a long way	come a long way (in space)	come a long way (progress)	1	1	1	1	1					1
S13F-s	12	I have a good support system	support (holding sth firmly and carrying its weight)	support (help)	1	1	1	1	1			1		
S13F-s	13	I do have a good support system	support (holding sth firmly and carrying its weight)	support (help)	1	1	1	1	1			1		
S13F-s	15	His father is not in his life	not in (not located somewhere)	not in (absent)	1	1	1	1		1				1
S13F-s	17	I can't do the back and forth because that just confuses the child	back and forth (towards and away from sth)	back and forth (making changes)	1	1	1	1		1				1

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S13F-s	17	my brother passed away	passed away (to pass sth away from)	passed away (died)	1	0								
S13F-s	17	he was very close to him	close (near)	close (important)	1	1	1	1	1					1
S13F-s	31	He's always been one to crave attention	crave (want to eat sth)	crave (need and seek)	1	1	1	1	1					1
S13F-s	32	if I just give him all the attention	give (a physical object)	give (provide)	1	1	0							
S13F-s	49	I'm gonna even sit down and you know, see how many weeks	sit down (place oneself in a sitting position)	sit down (reflect)	1	1	0							
S13F-s	54	this is big	big (taking up a lot of space)	big (significant)	1	1	1	1	1					1
S13F-s	56	this is money involved	involved (participating in)	involved (included)	1	0								
S13F-s	64	he is a sponge though	sponge (a porous object)	sponge (learning from everything one perceives)	1	1	1	1		1		1		
S13F-s	64	he picks up real fast	pick up (an object from a container or surface)	pick up (learn)	1	1	1	1	1			1		
S13F-s	68	I don't want them to kick him out	kick him out (make someone leave a space by kicking)	kick him out (urge someone to leave)	1	1	0							
S13F-s	68	not kick him out but, you know, send him home	kick him out (make someone leave a space by kicking)	kick him out (urge someone to leave)	1	1	0							
S13F-s	71	you're throwing it out	throwing (like throwing a	throwing (saying)	1	1	1	1		1		1		

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
		there	stone)											
S13F-s	71	You're putting words into existence	putting (an object into a container)	causing sth to happen by saying it	1	1	1	1			1	1		
S13F-s	72	His frustration tolerance is very low	low (distance between top to bottom)	the level of his frustration tolerance is low	1	1	1	1	1					1
S13F-s	72	they're just like throwing their hands in the air	throwing hands in the air (bodily movement)	they are helpless	1	1	0							
S13F-s	80	I had to take him out	take sth out (of a container)	take him out (of school)	1	1	1	1		1				1
S13F-s	80	the coach just couldn't deal with him anymore	deal (buy/sell goods/services)	deal (interact)	1	0								
S13F-s	80	when football season came around	came around (came closer)	came around (a certain time approached)	1	1	1	1	1					1
S13F-s	81	He understands. But then, yet he still doesn't. So, it's like a mystery	like a mystery (resembling a mystery)	like a mystery (the causes of his behaviors are mysterious)	1	1	1	1	1					1
S13F-s	86	what's going in his brain	in his brain (the organ)	in his brain (mind)	1	1	0							
S13F-s	86	You don't even know exactly what he is going through	going through (a physical obstacle)	going through (experiencing)	1	1	1	1	1					1
S13F-s	86	He is not gonna be a guinea pig, you know	guinea pig (a rodent)	guinea pig (a subject of testing)	1	1	1	1	1					1
S13F-s	87	I gave to him at 06:30 in the morning, he	knocked out (hit so hard it resulted in lose of	knocked out (asleep)	1	1	1	1	1					1

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		was knocked out in 30 minutes -- knocked out	consciousness)											
S13F-s	90	noses in my business	noses (body parts) in my business (act of buying/selling)	people interested in my business (my private life)	1	1	1	1	1					1
S13F-s	94	But now, where I'm at now, all fresh and new	all fresh and new (newly produced)	fresh and new (newly employed)	1	1	1	1		1				1
S13F-s	105	Taking care of business	business (act of buying/selling goods/services)	business (things happening in one's life)	1	1	1	1	1					1
S13F-s	111	the inner me	inner (inner parts of sth)	inner me (aspects of my personality of my experience that I don't disclose)	1	1	1	1		1				1
S13F-s	112	there's two roads you can take, and sometimes I wish I took the other road	two roads (like highways)	two roads (two ways to do sth)	1	1	1	1	1					1
S13F-s	112	I was playing around	playing around (playing games)	playing around (behaving irresponsibly)	1	1	1	1	1			1		
S13F-s	114	That I'll beat myself up?	beat up (severely and repeatedly beat someone)	beat myself up (reflect negatively upon my actions)	1	1	1	1	1					1
S13F-s	116	I could be set in my eyes	in my eyes (inside my eyeballs)	in my eyes (in my thoughts)	1	1	1	1	1					1
S13F-s	117	And I played around	playing around (playing games)	playing around (behaving irresponsibly)	1	1	1	1	1			1		

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S13F-s	122	I messed up a lot	mess up (create a mess)	messed up (be unsuccessful)	1	1	1	1	1			1		
S13F-s	124	nobody knows what goes on inside	inside (of a container)	inside (in my mind)	1	1	1	1	1			1		
S13F-s	124	I don't let everybody in	let in (allow to enter)	let in (disclose my feeling)	1	1	1	1	1			1		
S13F-s	125	I hold everything in	hold sth in (keep sth in a container)	hold everything in (not disclose feelings)	1	1	1	1	1			1		
S13F-s	126	it's hard to open up	open up (become open)	open up (disclose feelings)	1	1	1	1	1			1		
S13F-s	126	everybody brings their problems to me	bring (an object into a location)	bring their problems to me (ask me to help them solve their problems)	1	1	1	1		1				1
S13F-s	136	it drives me crazy	drive (make a machine move)	drives (makes)	1	1	1	1	1					1
S13F-s	142	The go-to person	the person to go to	the person to ask to solve a problem	1	1	0							
S13F-s	154	on and off	on and off (a surface)	on and off (with breaks)	1	1	1	1	1					1
S13F-s	169	that's why he carried away in it	carried away (being moved away)	carried away (lost control over one's behavior)	1	1	1	1			1			1
S13F-s	176	Baby steps	baby steps (first steps that a baby makes)	baby steps (really small progress)	1	1	1	1		1				1
S13F-s	187	I have enough on my plate	enough (food) on my plate	enough on my plate (enough responsibilities)	1	1	1	1		1				1
S13F-s	206	The wreck	wreck (an vehicle in unusable condition)	wreck (sth in really bad condition)	1	1	1	1			1			1
S13F-s	212	he wasn't the	nurturing (providing	nurturing (caring)	1	1	1	1	1					1

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		nurturing kind	nutrients)											
S13F-s	213	you should just read it on my face, you know, like I read it on your face	read (a book)	read it on my face (understand facial expressions)	1	1	1	1		1				1
S13F-s	218	it's like pushed on the back burner	pushed on a back burner (one of the burners on a stove)	pushed on a back burner (postpone)	1	1	1	1	1					1
S13F-s	218	it takes too much linking	linking (connecting to parts)	linking (coordinating actions and plans of a group of people)	1	1	1	1			1			1
S13F-s	218	and I see what strings what I can pull	what strings I can pull (of a puppet)	what string can I pull (what can I do about the situation)	1	1	1	1	1					1
S14F-s	7	so I just like fused in with the calmingness	fused (joined physically)	I just like fused in with the calmness (I integrated the calmness of the meditation)	1	1	1	1			1			1
S14F-s	10	listing what's wrong	listing (making list)	listing (in one's mind)	1	1	1	1		1				1
S14F-s	10	much more brighter things	brighter (more bright, referring to physical light)	brighter (happier)	1	1	1	1	1					1
S14F-s	14	the truth can hurt	hurt (physically)	hurt (emotionally)	1	1	1	1	1					1
S14F-s	14	tune it out	tune out (to decrease the level of an audio signal)	tune out (to ignore)	1	1	1	1	1			1		
S14F-s	14	blow it off, like yeah, yeah, or whatever	blow it off (action of blowing sth off)	blow it off (to ignore)	1	1	1	1	1			1		
S14F-s	14	people close to me	close (near)	close (important)	1	1	1	1	1					1
S14F-s	17	she's still dragging	dragging (moving sth by pulling it along a surface)	dragging (moving slowly and without motivation)	1	1	1	1	1			1		

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S14F-s	17	I'll drag out of the bed	drag (move sth by pulling it along a surface)	drag out of bed (make great effort to wake sbd up)	1	1	1	1	1			1		
S14F-s	22	different ways you know to help them	ways (like roads)	ways (of doing sth)	1	1	1	1	1					1
S14F-s	25	I'm more matured than both of them	matured (completely developed)	matured (responsible)	1	1	0							
S14F-s	25	like my maturity level just surpasses them	level (height or amount of sth)	my maturity level surpasses them (I'm more mature than them)	1	1	1	1	1					1
S14F-s	25	she's like ragging on me	ragging (using an old piece of cloth to wipe sth down)	ragging (being unkind)	1	0								
S14F-s	25	like dragging me down	dragging (moving sth by pulling it along a surface)	dragging down (criticizing)	1	1	1	1	1					1
S14F-s	25	why do you rag on me so much	rag (an old piece of cloth)	rag (be unkind)	1	0								
S14F-s	25	I can go so much farther than, where I am	farther (in space)	to go farther (be more successful)	1	1	1	1	1					1
S14F-s	25	my listening hears things as harsh	my listening (my auditory system)	my listening hears things as harsh (I interpret what I hear as harsh)	1	1	0							
S14F-s	25	my listening hears things as harsh	harsh (texture)	harsh (unpleasant)	1	1	1	1		1				1
S14F-s	26	I have to fight them	fight (combat)	fight (to argue with)	1	1	1	1	1					1
S14F-s	26	I'm learning how to breakdown walls of	walls (made of bricks)	walls of defense (defensive behavior)	1	1	1	1	1			1		

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S15F-s	9	trying to live a stress-free life is more than a mouthful	mouthful (amount of food or drink that fills the whole mouth)	mouthful (maximal amount of tasks one can complete)	1	1	1	1		1		1		
S15F-s	12	I have to watch my blood pressure, my potassium, could do weird things	watch (look at)	watch (control)	1	1	0							
S15F-s	12	to control the disease	control (order, limit or rule sth)	control (keep from becoming worse)	1	1	1	1	1			1		
S15F-s	12	to keep it from attacking that	attacking (in fight)	attacking (affecting negatively)	1	1	1	1	1					1
S15F-s	12	just having to go through the chemo	go through (a physical obstacle)	go through (experience)	1	1	1	1	1			1		
S15F-s	13	it takes the toll on me	take the toll (make sbd pay money for using a road, cross a bridge, etc.)	take the toll (cause harm or suffering)	1	0								
S15F-s	14	it breaks your immune system down	break down (destroy sth by breaking it)	break your immune system down (causing your immune system to malfunction)	1	1	1	1		1		1		
S15F-s	16	the disease is just doing it's-- I think it's doing its own thing right now	do its own thing (as an animate object does)	disease does its own thing (disease affects the body in a characteristic way)	1	1	1	1		1		1		
S15F-s	19	I have to weigh the good and the bad	to weigh (to measure weight)	to weigh (to reflect about)	1	1	1	1	1					1
S15F-s	20	through it all	through (from one end to another)	through (from start to finish of a process)	1	1	1	1	1			1		

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S15F-s	21	you just have to enjoy your stay in	stay in (at a hotel)	stay in (life)	1	1	1	1			1			1
S15F-s	25	I did it through everything	through (from one end to another)	through (from start to finish of a process)	1	1	1	1	1			1		
S15F-s	26	through all the losses that I've encountered	encounter (meeting)	encounter (experience)	1	1	1	1	1					1
S15F-s	26	dealing with my own illness	deal (buy/sell goods/services)	deal (solve problems)	1	0								
S15F-s	29	to see what I was going through	going through (going from one end to another)	going through (experiencing)	1	1	1	1	1			1		
S15F-s	29	to see what I was going through	going through (going from one end to another)	going through (experiencing)	1	1	1	1	1			1		
S15F-s	30	seeing what I'm going through	going through (going from one end to another)	going through (experiencing)	1	1	1	1	1			1		
S15F-s	30	he's dealing with things	deal (buy/sell goods/services)	deal (solve problems)	1	0								
S15F-s	34	And it was a mild case	mild (taste)	mild (not intense or severe)	0									
S15F-s	39	there's always ABC on how you do things	ABC (the alphabet)	ABC (basic information on a subject)	1	1	1	1	1					1
S15F-s	48	it just takes a lot out of me	take (physically receive or get from sbd)	take (require to do sth)	1	1	1	1		1				1
S15F-s	55	I've learned to adjust, you know	adjust (change the settings or position of sth)	adjust (adapt the behavior)	1	1	1	1	1					1
S15F-s	60	Music has been my	friend (an important and	friend (sth that keep	1	1	1	1		1				1

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S15F-s	94	I had my numbers pulled and looking at	numbers (digits)	numbers (amount of money one has)	1	1	0							
S15F-s	94	what I currently bring home	bring home (take home)	bring home (provide money to the household)	1	1	0							
S15F-s	95	without pushing even more stress on me	pushing (moving sth by applying force)	pushing more stress (making sbd more stressed)	1	1	1	1			1	1		
S15F-s	102	I'm a, a busy body. I call myself a busy body	busy (occupied) body (physical structure of a person)	busy body (somebody active)	1	1	0							
S15F-s	116	what you go through	go through (a physical obstacle)	go through (experience)	1	1	1	1	1			1		
S15F-s	117	behind doors	behind doors (if sth is behind the doors you cannot reach it unless the doors are open)	behind doors (privately)	1	1	0							
S15F-s	119	I have what they called the butterfly rash going across my face	butterfly (an animal)	butterfly (in shape of butterfly)	1	1	1	1		1				1
S15F-s	119	the disease is really a day by day	day by day (one day after another)	day by day (in a moment, impossible to predict)	1	1	0							
S15F-s	123	So their ages helped tremendously compared to when they were younger	age (how long somebody lives/something exists)	age (maturity)	1	1	0							
S15F-s	131	but school keeps my mind going	keeps sth going (keeps sth moving/operating)	keeps my mind going (keeps my mind active)	1	1	1	1	1			1		
S15F-s	132	It keeps it sharp	sharp (pointy)	sharp (smart)	1	1	1	1	1			1		

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S15F-s	133	You know, sometimes I feel sluggish	sluggish (resembling a slug)	sluggish (lazy)	1	1	1	1	1			1		
S15F-s	133	when I have those spurs	spur (a sharp, wheel-shaped metal object that is attached to the heel of boots worn by people riding horses and is used to encourage the horse to go faster)	spur (increase in energy)	1	0								
S15F-s	133	when I have to get the assignment out is like-- even at work it, it, it keeps me-- keep my mind going and it	keeps sth going (keeps sth moving/operating)	keeps my mind going (keeps my mind active)	1	1	1	1	1			1		
S15F-s	141	He wants me to be around	around (surrounding sth)	around (nearby)	1	1	1	1	1					1
S15F-s	142	it came in my head	in my head (like a brain is my head)	in my head (in my thoughts)	1	1	0							
S15F-s	142	I went back to almost a full schedule	full (container)	full schedule (full time work)	1	1	1	1	1					1
S15F-s	143	I have the disease down to a knack	in a fight	in a struggle with the disease	1	1	1	1	1			1		
S15F-s	143	I'm putting too much on myself	putting on (a surface)	putting on myself (accepting a responsibility)	1	1	1	1		1		1		
S15F-s	145	I could tell he had like a hopelessness on his face	on his face (there is a sauce on his face)	on his face (facial expression)	1	1	0							
S15F-s	157	I'm not as sharp as I	sharp (pointy)	sharp (smart)	1	1	1	1	1			1		

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		used to be												
S15F-s	165	I was able to reach my goal	reach (grasp sth high in space)	reach a goal (achieve)	1	1	1	1	1					1
S16F-s	4	you cram your courses into a few months	cram (in space)	cram (in time)	1	1	1	1	1			1		
S16F-s	4	against having it stretched out over the year	stretched (made longer in space)	stretched (taking more time)	1	1	1	1		1		1		
S16F-s	5	that short period of time	short (distance between top and bottom)	short (time between start and finish of sth)	1	1	1	1	1			1		
S16F-s	8	I have to balance my responsibilities	balance (equating forces applied onto sth)	balance (adjust so that one meet all the responsibilities)	1	1	1	1	1			1		
S16F-s	10	as we are getting down to the end of the semester	moving downwards	only a few things left to do	1	1	1	1	1			1		
S16F-s	11	reaching the end of the semester	reach (grasp sth high in space)	reach a goal (achieve)	1	1	1	1	1			1		
S16F-s	17	So, they spend equal amounts of time between both of us	between (space in between two objects)	between (split between two people)	1	1	1	1	1					1
S16F-s	22	And they have been very flexible	flexible (able to stretch or bend)	flexible (eager to negotiate)	1	1	1	1	1					1
S16F-s	23	I wish it was more of a smooth flowing	smooth flowing (like a boat)	smooth flowing (happening without any disturbances)	1	1	1	1	1					1
S16F-s	25	I just kind of just going to shut down	shut down (switch off a machine)	shut down (stop interacting)	1	1	1	1			1		1	

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S16F-s	26	I will try to deal with whatever issues at hand	deal (buy/sell goods/services)	deal (solve problems)	1	0								
S16F-s	26	I'll deal with it tomorrow or something	deal (buy/sell goods/services)	deal (solve problems)	1	0								
S16F-s	26	I just feel like I'm in a pressure cooker like	being placed inside a pressure cooker	experiencing a lot of pressure/expectations	1	1	1	1			1	1		
S16F-s	28	I did not deal with it right away	deal (buy/sell goods/services)	deal (solve problems)	1	0								
S16F-s	29	So, I paid for that ...	pay (with money)	pay (have consequences)	1	1	1	1	1					1
S16F-s	31	time in the state of mind I was in	be in (be located in)	be in a state of mind (having a certain mental attitude)	1	1	1	1	1					1
S16F-s	33	I had sanity at the end of day	to have (a object)	to have (a quality)	1	0								
S16F-s	33	I paid in that I suffered	pay (with money)	pay (have consequences)	1	1	1	1	1					1
S16F-s	33	one the one hand... on the other	balancing two object on one's hands	considering two aspects of sth	1	1	1	1	1					1
S16F-s	33	ended up one grade level below, what I could have been	below (under the surface or lower in space)	worse grade than one could have had	1	1	0							
S16F-s	34	I mean they are putting me on the spot	on the spot (a certain point in space)	put sbd on the spot (force someone into a difficult situation)	1	1	1	1	1					1
S16F-s	34	in that frame of mind	frame (of a picture)	frame of mind (mental	1	1	1	1	1					1

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
				attitude)										
S16F-s	41	when my schoolwork suffers	suffer (experience pain)	suffer (be worse than it could have been)	1	1	1	1	1					1
S16F-s	42	there is a dissonance, I mean, between my two responsibilities	dissonance (lack of synch of the waves coming from two sources)	dissonance (incongruity)	1	1	1	1	1			1		
S16F-s	44	a bit of dissonance	dissonance (lack of synch of the waves coming from two sources)	dissonance (incongruity)	1	1	1	1	1			1		
S16F-s	46	I beat upon myself a bit	beat up (severely and repeatedly beat someone)	beat myself up (reflect negatively upon my actions)	1	1	1	1	1					1
S16F-s	46	, I kind of do a post-mortem	post-mortem (investigation on a dead person or animal)	post-mortem (in retrospect)	1	1	1	1	1				1	
S16F-s	48	but I kind of slipped it off	slipped it off (make sth slip)	slipped it off (ignored sth)	1	1	1	1		1			1	
S16F-s	56	I'm dealing with that	deal (buy/sell goods/services)	deal (solve problems)	1	0								
S16F-s	57	I do have a therapist	to have (a object)	to have a therapist (to participate in a therapy)	1	1	0							
S16F-s	64	maybe I'm not that open	open (opposite of closed, sealed, inaccessible)	open (disclosing one's feelings and thoughts)	1	1	1	1	1					1
S16F-s	70	I'm almost autistic about it.	almost meeting diagnostic criteria for autism	behaving almost like an autistic person	1	0								
S16F-s	70	when I have to make changes it just puts me under lot of stress	puts me under a lot of (places a lot of object on top of somebody)	puts me under a lot of stress (causing a lot of stress)	1	1	1	1		1				1

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S16F-s	77	I was able dig deep inside	dig (to create a hole by moving the soil)	dig deep inside (reflect)	1	1	1	1	1					1
S16F-s	80	we have courage inside of us somewhere	inside us (inside our bodies)	we have courage inside us (be are able to be courageous)	1	1	1	1		1		1		
S16F-s	80	it just needs to be needs to be drawn out	drawn out (like drawing blood)	drawn out (elicited)	1	1	1	1		1		1		
S16F-s	83	fears that haunt	haunt (like ghosts)	haunt (persist)	1	1	1	1	1					1
S16F-s	85	faced with really challenging	faced (be in front of sth)	faced (presented with)	1	1	1	1	1					1
S16F-s	86	the more I try to avoid things that more they seem to find me	they seem to find me (people)	they seem to find me (I have to solve problem even though I try to avoid them)	1	1	1	1			1	1		
S16F-s	86	I can find that courage	find (discover)	find (find within oneself, find a way to behave to certain way)	1	1	1	1	1			1		
S16F-s	86	but not dealing with things initially	deal (buy/sell goods/services)	deal (solve problems)	1	0								
S16F-s	88	tap into that courage	tap (with a finger)	tap into (get benefit from)	1	1	1	1	1			1		
S16F-s	91	I'm getting a block here	block (blockage)	block (mental barrier)	1	1	1	1	1					1
S16F-s	96	having to balance work, kids, school and I studied part-time	balance (equating forces applied onto sth)	balance (adjust so that one meet all the responsibilities)	1	1	1	1	1			1		

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
S16F-s	99	there is a part of me that is saying	part (piece of sth)	part (aspect of one's personality)	1	1	1	1	1					1
S16F-s	100	I'm on the verge of a virtual meltdown	meltdown (situation in a nuclear power station in which the nuclear fuel becomes very hot and melts through its container and escapes into the environment)	meltdown (crisis)	1	1	1	1		1		1		
S16F-s	101	I am being pulled in all directions	pull (move sth on a surface)	pulled in all directions (having to do many different things)	1	1	1	1	1					1
S16F-s	102	I feel like a professional student	professional (doing sth as a profession)	professional student (very experienced in being a student)	1	1	1	1		1				1
S16F-s	117	I had to double up	double up (multiply two times)	double up (make two times more things)	1	1	1	1		1				1
S16F-s	120	if other things interfere	interfere (two waves can interfere if they are not in synch)	interfere (disturb one another)	1	1	1	1	1					1
S16F-s	120	I could still manage without the meltdown	meltdown (situation in a nuclear power station in which the nuclear fuel becomes very hot and melts through its container and escapes into the environment)	meltdown (crisis)	1	1	1	1		1		1		
S16F-s	125	if you are capable of an A, do not bring in anything less	bring in (an object)	bring in (receive a grade)	1	1	1	1			1			1

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
S16F-s	133	to sit back	sit back (sit in a position with supported back)	sit back (relax)	1	1	0							
S16F-s	134	you give it your best shot	best shot (with a gun)	best shot (best try)	1	1	1	1		1				1
S16F-s	138	being more balanced	balance (equating forces applied onto sth)	balanced (calm)	1	1	1	1	1			1		
S16F-s	138	the load that I carry at each point	load that I carry (carrying heavy objects)	load that I carry (responsibilities)	1	1	1	1	1			1		
S16F-s	138	so that I don't have a meltdown	meltdown (situation in a nuclear power station in which the nuclear fuel becomes very hot and melts through its container and escapes into the environment)	meltdown (crisis)	1	1	1	1		1		1		
S16F-s	152	narrow things down	narrow (make sth more narrow)	narrow things down (limit)	1	1	1	1	1					1
S16F-s	152	what is preventing you from reaching your goals	reaching (grasping sth high in space)	reaching (achieving)	1	1	1	1	1					1
S16F-s	156	to see the need for the change	see (perceive visually)	see (understand)	1	1	0							
S16F-s	157	keep it present	keep it present (do not allow sth to disappear)	keep it present (in one's awareness)	1	1	1	1		1				1
S16F-s	157	when the time comes	come (arrive at a place)	when the time comes (at a relevant moment)	1	1	1	1	1					1
S17M-s	12	there's an imbalance a little	imbalance (not equating forces applied onto sth)	imbalance (mental)	1	1	1	1	1					1

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
S17M-s	15	I'm a little too hard on myself	hard (material)	hard on myself (demanding)	1	1	1	1	1			1		
S17M-s	15	I put a lot of pressure on myself	pressure (force applied on a surface)	pressure (expectations)	1	1	1	1	1			1		
S17M-s	16	the pressure is closing in	pressure (force applied on a surface)	pressure (expectations)	1	1	1	1	1			1		
S17M-s	16	I took too much time screwing around	screwing (working with a screwdriver)	screwing around (wasting time)	1	0								
S17M-s	21	where they're coming from	coming from (originate from)	coming from (are caused by)	1	1	1	1	1					1
S17M-s	21	the only thing I could allocate them too would be stress	allocate them (find a place for them)	allocate (associate?)	1	1	1	1			1			1
S17M-s	22	that has the closest relation	close (near)	close (related)	1	1	1	1	1					1
S17M-s	22	get the load off my shoulders	load (heavy objects that one carries)	load (amount of responsibilities)	1	1	1	1	1			1		
S17M-s	24	it's a pretty good load there	load (heavy objects that one carries)	load (amount of responsibilities)	1	1	1	1	1			1		
S17M-s	26	get my life going	get sth going (make sth move)	get my life going (start another stage in my life)	1	1	1	1		1				1
S17M-s	26	but in my mind, you know, a lot of people I knew that I went to high school, well, they already have masters degrees	in a container	in my conscious thoughts	1	1	1	1		1				1

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S17M-s	50	it seems to have sort of leveled off with this like tension that's in there and it just won't go away	is there and won't go away (an animate object)	tension is there and won't go away (psychological tension is present)	1	1	1	1	1					1
S17M-s	67	maybe it was a, a trigger	trigger (of a gun)	trigger (sth that causes sudden emotional or physiological reaction)	1	1	1	1	1			1		
S17M-s	74	to get back to where it was	in space	regarding one's abilities	1	1	1	1	1			1		
S17M-s	78	I got the, ah, you know, the wrong end of the stick	wrong end of the stick (physical stick)	wrong end of the stick (in an incorrect way)	1	1	1	1	1					1
S17M-s	82	I just can't backpedal to that point	backpedal (on a bicycle)	backpedal (go back in time)	1	1	1	1			1	1		
S17M-s	97	I couldn't fit it in	fit it in (a container)	fit it in (find time for sth)	1	1	1	1	1					1
S17M-s	100	maybe there's even, ah, more than one trigger	trigger (of a gun)	trigger (sth that causes sudden emotional or physiological reaction)	1	1	1	1	1			1		
S17M-s	100	maybe there's multiple triggers on setting it off	trigger (of a gun)	trigger (sth that causes sudden emotional or physiological reaction)	1	1	1	1	1			1		
S17M-s	110	just trying to really move forward as much as I can, as fast as I can at all times	move (in space)	move (progress)	1	1	1	1	1					1
S17M-s	111	able to handle doing all that stuff	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1					1

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
S17M-s	113	down the road	down the road (physical road)	down the road (in future)	1	1	1	1	1					1
S17M-s	120	seeing a counselor like a weakness	seeing (perceiving visually)	seeing (having appointments with)	1	1	0							
S17M-s	120	pushing myself too hard	push (apply force to move sth)	push (persuade)	1	1	1	1	1			1		
S17M-s	120	just going through different motions	motions (movements)	motions (things happening)	1	1	1	1	1					1
S17M-s	126	the anxiety is lightened up quite a bit	lightened up (made lighter)	lightened (less intense)	1	0								
S17M-s	130	close friends	close (near)	close (important)	1	1	1	1	1					1
S17M-s	130	close friends	close (near)	close (important)	1	1	1	1	1					1
S17M-s	133	I tend to psychoanalyze myself all day long	psychoanalyze (do a psychoanalysis)	psychoanalyze (overthink one's behavior, thoughts or emotions)	1	1	1	1		1				1
S17M-s	137	reducing the amount of stress	amount (of much of sth there is)	amount (intensity)	1	1	1	1	1					1
S17M-s	137	not being this hard on myself	hard (material)	hard on myself (demanding)	1	1	1	1	1			1		
S17M-s	139	I have to reducing the amount of worry	amount (of much of sth there is)	amount (intensity)	1	1	1	1	1			1		
S17M-s	145	I started carrying a little bit less	carrying (like on one's shoulders)	carrying (having responsibilities)	1	1	1	1	1			1		
S17M-s	145	reduce the amount of worrying	amount (of much of sth there is)	amount (intensity)	1	1	1	1	1			1		

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S17M-s	145	I went away from a place where when I was younger I didn't care at all	went away from a place (a location)	went away from a place (a state of being)	1	1	1	1		1				1
S17M-s	146	all of sudden once I snapped	snapped (caused sth to break suddenly)	snapped (expressed anger unexpectedly)	1	1	1	1	1					1
S17M-s	146	the mode of, of getting school done and stuff	mode (way of operating)	mode (attitude, behavior)	1	1	1	1	1					1
S17M-s	146	I was probably carrying too much	carrying (like on one's shoulders)	carrying (having responsibilities)	1	1	1	1	1			1		
S17M-s	147	I'm just taking a step back and	step back (in space)	step back (refrain from progressing further)	1	1	1	1	1					1
S17M-s	160	I'm trying to find that balance	balance (equating forces applied onto sth)	balance (between all the responsibilities)	1	1	1	1	1			1		
S17M-s	162	I'm just kinda now getting to that point	point (in space)	point (stage, step in the process)	1	1	1	1	1				1	
S17M-s	167	So to get that out of the way is, ah, pretty nice	get that out of the way (remove a block from the path)	get that out of the way (solve a problem)	1	1	1	1	1					1
S17M-s	183	And next week I'm free	free (able to move freely, not be in prison etc.)	free (not have plans for next week)	1	1	1	1	1					1
S17M-s	184	I've get to the gym after work and that's, ah, you know, like a gift to me	gift (a present)	like a gift (valuable)	1	1	1	1	1				1	
S17M-s	194	putting pressure on myself	pressure (force applied on a surface)	pressure (expectations)	1	1	1	1	1					1

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S17M-s	194	sitting back	sit back (sit in a position with supported back)	sit back (relax)	1	1	0							
S17M-s	197	get comfortable	get comfortable (get in a pleasant position)	get comfortable (become unmotivated to improve)	1	1	0							
S17M-s	197	if they get laid off of work or something	laid (placed in a lying position)	laid off of work (get fired from work)	1	0								
S17M-s	197	getting comfortable with just sitting around all day	get comfortable (get in a pleasant position)	get comfortable (become unmotivated to improve)	1	1	0							
S17M-s	197	I was comfortable with just sitting around all day	comfortable (get in a pleasant position)	comfortable (become unmotivated to improve)	1	1	0							
S17M-s	198	I wanna keep myself in that, ah, that mode where I'm, I'm used to, ah, not just, ah, kicking back and doing nothing after work	mode (way of operating)	mode (attitude, behavior)	1	1	1	1	1				1	
S17M-s	200	And moving forward	moving forward (in space)	moving forward (progressing)	1	1	1	1	1			1		
S17M-s	200	I'm constantly moving forward	moving forward (in space)	moving forward (progressing)	1	1	1	1	1			1		
S17M-s	200	putting myself in a better position in life	better position (of the body in the space)	better position (better state)	1	1	1	1		1		1		
S17M-s	207	where it's gonna put me	where it's gonna put me (physically)	where it's gonna put me (what will be the result)	1	1	1	1		1		1		
S17M-s	207	in the long run	long run (marathon is a	long run (in the future)	1	1	1	1	1					1

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		and my wife.												
S18M-s	10	Our life is scheduled around them	the whole life follows a schedule	we consider them in all our plans	1	1	0							
S18M-s	29	pretty full life	full (a container filled with substance completely)	full life (eventful, busy)	1	1	1	1	1					1
S18M-s	33	then I got a little bit of guilt	got (received)	got (started to experience)	1	1	1	1	1					1
S18M-s	34	I'm dealing with guilt	deal (buy/sell goods/services)	deal (experience)	1	0								
S18M-s	35	at this point in my life	point (in space)	point (stage, step in the process)	1	1	1	1	1					1
S18M-s	37	And I've had my lows and I've had my highs	lows and highs (referring to height of sth)	lows and highs (bad and good moments)	1	1	1	1		1				1
S18M-s	37	low-key	pitch	intensity	1	1	1	1	1					1
S18M-s	42	I feel I could clone -- I wish I could clone myself	I could create a clone of myself (like the Dolly sheep)	I could... clone myself (be able to do things two times more efficiently)	1	1	1	1			1	1		
S18M-s	43	part of me feels that the laid-back me was a little bit more immature	part (piece of sth)	part of me (one aspect on my personality/thoughts)	1	1	1	1	1			1		
S18M-s	43	part of me feels that the laid-back me was person who was a little bit more naive	part (piece of sth)	part of me (one aspect on my personality/thoughts)	1	1	1	1	1			1		
S18M-s	43	if I was talking to the laid-back me, I'm not	lay back (place oneself in	laid back (relaxed)	1	1	0							

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		sure how serious I would take my own advice	a lying position)											
S18M-s	43	if he were here, he would probably tell me to just relax	he (a third person)	he (part of me)	1	1	1	1			1	1		
S18M-s	43	he would point out that I do have these other support groups	he (a third person)	he (part of me)	1	1	1	1			1	1		
S18M-s	51	pet peeve	pet (domestic animal)	pet (minor) peeve	1	1	1	1	1					1
S18M-s	52	that's kind of a pet peeve of mine	pet (domestic animal)	pet (minor) peeve	1	1	1	1	1				1	
S18M-s	52	if I don't start it, at least I won't get pulled into that	pulled into (a hole)	pulled into (engaged)	1	1	1	1		1				1
S18M-s	54	internally I feel that I have the right to my own complaints	internally (inside the body)	internally (in my mind)	1	1	1	1	1					1
S18M-s	57	big pet peeve	pet (domestic animal)	pet (minor) peeve	1	1	1	1	1			1		
S18M-s	60	I might have been battling with some depression, maybe	battling (an enemy)	battling (struggling with)	1	1	1	1	1					1
S18M-s	60	I felt really down	down (direction)	down (sad)	1	1	1	1	1					1
S18M-s	61	I've had a lot of arguments with people in my own mind	I had arguments with people really happening	I have imagining a lot of arguments with people	1	1	1	1			1	1		

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S18M-s	113	the last time that I was in the moment	to be in (be located in)	to be in the moment (to be mindful of one's actions)	1	1	1	1			1	1		
S18M-s	114	a part of me that is just kind of enjoying it	part (piece of sth)	part of me (one aspect on my personality/thoughts)	1	1	1	1	1			1		
S18M-s	117	I don't kind of feel my life has its quiet	quiet (not making any sounds)	quiet (calm, peaceful state)	1	1	0	0						
S18M-s	119	not a lot of quiet in my life	quiet (not making any sounds)	quiet (calm, peaceful state)	1	1	0	0						
S18M-s	120	I have never been a planner	planner (a person that makes plans)	planner (a person that does things according to the plan)	1	1	0							
S18M-s	121	And I've been forced to become that guy	forced (having forces applied into sbd)	forced (caused to do sth)	1	1	1	1	1					1
S18M-s	122	balance my life	balance (equating forces applied onto sth)	balance (between all the responsibilities)	1	1	1	1	1			1		
S18M-s	124	I can't handle the guilt	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1			1		
S18M-s	125	I can't handle the guilt of there is something else you should be doing	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1			1		
S18M-s	126	I deal with feelings of inadequacy sometimes	deal (buy/sell goods/services)	deal (experience)	1	0								
S18M-s	127	it has kind of required both of us to be that person	to be that person (a specific human being)	to be that person (to have their characteristics)	1	1	1	1		1				1

Code	Turn No	Expression	Vehicle	Topic	Polysemy (0,1)	Directionality (0,1)	Iconicity (0,1)	Metaphor (0,1)	SS (0,1)	WS (0,1)	MS (0,1)	SM (0,1)	WM (0,1)	MM (0,1)
S18M-s	127	I don't think down the same logical lines that she does	lines (between two points)	logical lines (following logic)	1	1	1	1		1				1
S18M-s	128	I don't think the same way she does	way (path, road)	way (manner)	1	1	1	1	1					1
S18M-s	130	she has learned to mellow out about some things	mellow out (make sth not as perceptually intense)	mellow out (react less intensively)	1	1	1	1	1					1
S18M-s	133	it just kind of flowed out	flowed out (overflow)	flowed out (manifested itself)	1	1	1	1		1				1
S18M-s	134	I struggle with the concept of being a grownup	struggle (fight) with the concept of being a grown-up	struggle with (conforming) to the concept (role) of being a grown-up	1	1	1	1	1					1
S18M-s	136	if there is a thread running through all of these things, or if I have just got multiple problems	thread (cord, fiber)	thread (things resulting or relating to one another)	1	1	1	1	1					1
S18M-s	138	I can't handle it	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1			1		
S18M-s	147	Super dad can handle it all	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1			1		
S18M-s	148	he can handle all these other things, too	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1			1		
S18M-s	149	it's hard for me to deal with sometimes	deal (buy/sell goods/services)	deal (solve problems)	1	0								
S18M-s	153	your family come first, your wife comes first, your kids come	come first (come before you)	come first (be a priority)	1	1	1	1	1					1

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		first												
S18M-s	161	I will make it through this	through (from one end to another)	through (the beginning to the end of a process)	1	1	1	1	1					1
S18M-s	161	another real cornerstone of my life is my faith	cornerstone (a stone in a corner of a building, often with the date)	cornerstone (sth important)	1	0								
S18M-s	164	I feel he is putting a lot on me sometimes	putting a lot on my (making me carry sth)	putting a lot on me (causing me to experience)	1	1	1	1		1		1		
S18M-s	165	we'd be living on the street	living on the street (on a literal street)	living on the street (be homeless or very poor)	1	1	0							
S18M-s	165	I did marry my accountant	accountant (profession)	accountant (someone who makes is accounting in the household)	0									
S18M-s	178	He knows what I like	he (a third person)	he (part of me)	1	1	1	1			1	1		
S18M-s	183	, I couldn't handle that	handle (hold firmly or buy/sell goods)	handle (cope with)	1	1	1	1	1			1		
S18M-s	184	guilt man	guilt man (some man in some way related to guilt)	guilt man (the thoughts that evoke guilt in me)	1	1	1	1			1	1		
S18M-s	185	In the back of my head	back (in the background)	in the back (constantly but not focally present)	1	1	1	1	1			1		
S18M-s	185	of my head	head (body part)	head (mind)	1	1	0							
S18M-s	190	There were kind of knocking around inside my head	knocking around inside my head (physical objects in my head)	knocking around inside my head (thoughts in my mind)	1	1	1	1	1			1		
S19F-s	2	that's adding to the stress	adding (2+2)	adding (contributing)	1	1	1	1	1					1

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S19F-s	2	so there is no big deal	deal (act of buying/selling goods/services)	deal (sth important)	1	0								
S19F-s	5	I have been on top of being sick	on top of (placed on top of sth)	on top of (additionally)	1	1	1	1	1					1
S19F-s	8	he is a oblivious to, you know, how filthy the furniture is	oblivious (blind)	oblivious (ignoring)	1	1	1	1	1					1
S19F-s	14	this wouldn't be so difficult for me if the rug hadn't, you know, just the whole old crap anger just all comes back	crap (excrements)	crap (its unpleasant)	1	1	1	1	1					1
S19F-s	14	It just digs up all junk from like six years ago	dig up all junk (dig in the trash)	dig up all junk (bring back the old problems)	1	1	1	1	1			1		
S19F-s	14	If the man hadn't pulled the rug out from underneath me and laughed	pulled the rug out from underneath me (a real rug underneath my feet)	pulled the rug from underneath (suddenly cause problems)	1	1	1	1	1			1		
S19F-s	18	I just kind of was like not there	not there (somewhere else)	not there (not attentive)	1	1	1	1		1				1
S19F-s	18	now I have pulled out of that	pulled out (of a hole)	pulled out of that (resolved that)	1	1	1	1	1			1		
S19F-s	18	getting life back	getting sth back (that was taken from you)	getting my life back (being able to live normally)	1	1	1	1		1		1		
S19F-s	18	getting my mind back to where it needs to be	putting sth into another location	having better attitude	1	1	1	1		1		1		

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S19F-s	18	, I guess I am going through delayed, you know, delayed remorse or mourning	delayed (flight)	delayed grief (happening later that it should)	1	1	1	1		1		1		
S19F-s	18	I never mourned at the loss of that marriage	loss of that marriage (as if it was an object)	loss of that marriage (divorce)	1	1	1	1		1		1		
S19F-s	23	that wasn't easy to get through	go through (a physical obstacle)	go through (experience)	1	1	1	1	1			1		
S19F-s	23	I'll get through this	go through (a physical obstacle)	go through (experience)	1	1	1	1	1			1		
S19F-s	24	and it's like fast turning	fast turning (spinning with a great speed)	fast turning (dynamically changing)	1	1	1	1		1		1		
S19F-s	24	it's like turning into like this hatred	turning (spinning)	turning (changing)	1	1	1	1	1			1		
S19F-s	24	it seems to like turning into, you know, bursting out at the wrong people	bursting (exploding)	bursting (being dynamically expressed)	1	1	1	1	1			1		
S19F-s	24	taking it out at the wrong time	take it out (of a container)	take it out (expressing)	1	1	1	1		1				1
S19F-s	24	things that should be giving me joy	giving (handing)	giving (providing)	1	1	1	1	1					1
S19F-s	24	if I could just get rid of this anger	get rid of (dispose)	get rid of (make disappear)	1	1	1	1	1					1
S19F-s	24	, like running through the things in my mind , different	running through my mind (running through a	running through my mind (reflecting about)	1	1	1	1		1				1

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		scenarios	computer program)											
S19F-s	25	because she is going to be a part of something that I feel she has no right to be a part of	part (piece of sth)	part (of a family)	0									
S19F-s	26	She has not been part of their lives	part (piece of sth)	part (of a family)	0									
S19F-s	31	I think a person's home says a lot about a person	say (express verbally)	say (express, makes it possible to infer)	1	1	1	1	1					1
S19F-s	34	. I've always been the at home mom	at home mom (staying at home)	at home mom (not working)	1	1	0							
S19F-s	34	I have always, that's been my job, that's been under my control	job (profession)	job (main task)	1	1	1	1	1					1
S19F-s	36	that I am not further in my life	further (in space)	further (more progressed in a process)	1	1	1	1	1					1
S19F-s	39	I called it jumping from one frying pan into another	jumping between two frying pans	moving from one bad situation to another	1	1	1	1			1	1		
S19F-s	45	I am not going anywhere	not going anywhere (not moving)	not going anywhere (not progressing)	1	1	1	1	1			1		
S19F-s	45	I am at a job where I am not going anywhere	not going anywhere (not moving)	not going anywhere (not progressing)	1	1	1	1	1			1		
S19F-s	45	I just don't see	see (with one's eyes)	see (be able to predict)	1	1	1	1	1			1		

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S19F-s	45	getting out of what I am at	getting out (of a container)	getting out (of a situation)	1	1	1	1	1			1		
S19F-s	45	I am just kind of like ended up where I am going to be	ended up (a journey)	ended up (final stage of a process)	1	1	1	1	1			1		
S19F-s	51	sometimes my mom is kind of hard to deal with	deal (buy/sell goods/services)	deal (interact)	1	0								
S19F-s	51	she is kind of stranded	stranded (left aground on a shore)	stranded (unable to move or be active)	1	1	1	1	1					1
S19F-s	55	slipping out	slipping out (about sth slippery of slimy)	slipping out (losing control)	1	1	1	1		1				1
S19F-s	60	everything all of a sudden comes back	comes back (from somewhere)	comes back (reappears)	1	1	1	1	1			1		
S19F-s	60	the anger comes back	comes back (from somewhere)	comes back (reappears)	1	1	1	1	1			1		
S19F-s	60	the hatred comes back	comes back (from somewhere)	comes back (reappears)	1	1	1	1	1			1		
S19F-s	66	she needed to get out of, you know, she needed to develop herself	get out of (a place)	get out of (a situation)	1	1	1	1	1					1
S19F-s	71	what I am going to be mentally	what I'm going to be (what I'm going to become)	what I'm going to be (in what state)	1	0	0							
S19F-s	75	He went from straight A to all Ds	from A to D (letters of the alphabet)	from A to D (from high to low grades)	1	1	0							

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S19F-s	77	I put him back on his meds	put him back on (a surface)	put him back on his meds (make him take medications)	1	0								
S19F-s	77	a good age to try and take them off the meds	take them off (a surface)	take them off the meds (make them stop taking medications)	1	0								
S19F-s	78	most teenagers are difficult to deal with	deal (buy/sell goods/services)	deal (interact)	1	0								
S19F-s	81	I had a lot of psychiatrists say that the manic side wasn't manic enough	side (of a coin)	my manic side (my symptoms of mania)	1	1	1	1		1				1
S19F-s	82	I never went out spending money	went out (from somewhere)	went out (went shopping)	1	1	0							
S19F-s	84	looking back on it	looking back (behind oneself)	looking back (reflecting about the past)	1	1	1	1	1					1
S19F-s	84	there was really messed up thinking	mess (disarray, clutter)	messed up (distorted)	1	1	1	1	1					1
S19F-s	85	taking things out of proportion	out of proportion (not proportional)	out of proportion (exaggerated)	1	1	1	1	1					1
S19F-s	87	like I am burdening people	burden (sth heavy, a ballast)	burdening (causing problems)	1	1	1	1	1					1
S19F-s	87	I am not the only one who has got crap going on in my life	crap (extremes)	crap (sth unpleasant)	1	1	1	1	1			1		
S19F-s	87	Everybody has got crap going on in their life	crap (extremes)	crap (sth unpleasant)	1	1	1	1	1			1		

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S19F-s	91	put themselves into the equation . I am not used to taking care of me	into the equation (math)	into the equation (into the consideration)	1	1	1	1	1					1
S20F-s	5	I mean sometimes we bump heads	bump head (like sheep)	bump heads (argue)	1	1	1	1		1				1
S20F-s	6	it does play a factor	play (a role in a spectacle)	play (is)	1	1	1	1		1				1
S20F-s	6	language barrier	barrier (e.g. a wall)	language barrier (difficulties communication because of different linguistic skills)	1	1	1	1		1		1		
S20F-s	6	big issue	big (taking up a lot of space)	big (important)	1	1	1	1	1					1
S20F-s	9	I can see there wasn't a big deal	deal (the act of buying/selling goods/services)	deal (sth important)	1	0								
S20F-s	10	the idea was already in my head	in my head (like a brain is my head)	(idea as content) in my head (mind)	1	1	1	1	1					1
S20F-s	21	it's just like a mixed feeling	mixed (consisting of many substances)	mixed feeling (consisting of many feelings)	1	1	1	1	1					1
S20F-s	21	just goes back and forth	back and forth (towards and away from sth)	back and forth (constantly changing)	1	1	1	1		1				1
S20F-s	29	we have up and downs	ups and downs (changing direction)	ups and down (good and bad moments)	1	1	1	1	1					1
S20F-s	29	I can tell that he feels a little isolated, because he can't be part of it	part (piece of sth)	part (participate in sth)	1	1	1	1	1					1

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S20F-s	37	to bring everybody together	bring everybody together (so that everybody's the same place)	bring everybody together (emotionally)	1	1	0							
S20F-s	38	pass on my roots	roots (or a plant)	pass on my roots (tradition)	1	1	1	1	1			1		
S20F-s	39	in order to I guess to survive in a new environment you need to be able to adapt	environment, adapt (biologically)	environment, adapt (socially)	1	1	1	1	1			1		
S20F-s	40	I have done a decent job adapting	job (profession)	decent job (effort)	1	1	1	1	1			1		
S20F-s	44	You should able to have more tolerance for all the cultures and other people	tolerance (to a substance)	tolerance (attitude)	1	1	1	1	1					1
S20F-s	48	you think back	back (direction)	think back (reflect on the past)	1	1	1	1	1					1
S20F-s	51	, I feel like dying and stay in that mode for the entire night	mode (way of operating)	mode (mood)	1	1	1	1	1					1
S20F-s	52	I try to take it lightly and then	lightly (light weight)	take it lightly (not being much affected by sth)	1	1	1	1	1					1
S20F-s	54	you shouldn't go through all this	go through (a physical obstacle)	go through (experience)	1	1	1	1	1					1
S20F-s	55	it's a big gap	gap (between two objects)	gap (difference)	1	1	1	1	1			1		
S20F-s	56	It's a big gap	gap (between two objects)	gap (difference)	1	1	1	1	1			1		

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S20F-s	56	So I had to drag him with me	drag (move sth by pulling it along a surface)	drag (force to go somewhere)	1	1	0							
S20F-s	60	I just need to hear Spanish sometime	hear Spanish (perceive Spanish speech-sounds)	hear Spanish (communicate in Spanish)	1	1	0							
S20F-s	60	guess to a point it was like oh, my God I have headache, I just need to speak Spanish right now	speak Spanish (vocalize in Spanish)	speak Spanish (communicate in Spanish)	1	1	0							
S20F-s	61	It's like my brain	It's like my brain (it resembles my brain)	it's like my brain (that's the input my brain requires)	1	1	0							
S20F-s	63	I'm in a mess	mess (disarray, clutter)	mess (difficult situation)	1	1	1	1	1					1
S20F-s	69	I just can't keep it inside	keep it inside (a container)	keep it inside (not express it)	1	1	1	1	1			1		
S20F-s	70	I'm just going, just going to keep going on my head	head (body part)	head (mind)	1	1	0							
S20F-s	71	deal with our problems	deal (buy/sell goods/services)	deal (solve problems)	1	0								
S20F-s	71	he's very open to that	open (opposite of closed, sealed, inaccessible)	open (enthusiastic)	1	1	1	1	1					1
S20F-s	78	When sometime people just say things and then might regret it and think about it, and then this kind of at the same time kind of goes back with the	barrier (e.g. a wall)	language barrier (difficulties communication because of different linguistic skills)	1	1	1	1		1		1		

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		language barrier												
S20F-s	80	let me process this, translate it for him and then let it out	let it out (let sth exit)	let it out (utter)	1	1	1	1		1				1
S20F-s	93	the stress comes out	come out (of a container)	come out (becomes manifested)	1	1	1	1	1			1		
S20F-s	94	I mean I had conflicts in my mood	conflict (between a group people or countries etc.)	conflicts in my mood (dynamically changing mood)	1	1	1	1	1			1		
S20F-s	94	all the stress, I keep taking in	taking in (eating?)	taking in (being affected by)	1	1	1	1	1			1		
S20F-s	94	like I just want to chew someone's head	chew someone's head (with one's mouth)	chew someone's head (release the unpleasant feelings)	1	1	1	1		1				1
S20F-s	98	I'm on the move	on the move (moving)	on the move (being active)	1	1	0							
S20F-s	98	I just keep on this mode of getting accomplish things	mode (way of operating)	mode (behavior)	1	1	1	1	1					1
S20F-s	99	just with the activities that I have to do, and then on top of that you put a relationship	on top of that (placed on top of sth)	on top of that (additionally)	1	1	1	1	1					1
S20F-s	108	I want to be on the same level	level (height or amount of sth)	level (proficiency)	1	1	1	1	1					1
S20F-s	109	arguing with myself	arguing (having an argument with someone)	arguing with myself (having conflicting thoughts)	1	1	1	1		1		1		
S20F-s	121	I'm getting closer	closer (in closer distance)	closer (sooner)	1	1	1	1	1					1

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S20F-s	122	those are the things that I do to center myself	center (place sth in the center)	center (calm)	1	1	1	1		1				1
S20F-s	123	it's always good to be able to vent out the feelings	vent (allow the air to exit a sealed container)	vent (express emotions)	1	1	1	1	1					1
S20F-s	123	point of view	point of view (different positions from one can observe sth)	point of view (opinion)	1	1	1	1	1					1