RELATIONSHIPS, BOUNDARIES & AUTONOMY

Good Will in Relationship

About 10 minutes with one everyday shared situation

This workbook offers a gentle introduction to the practice for you to explore on your own; deeper work is best undertaken with the support of a professional counsellor.

Consider an action with care for everyone involved

Good will brings concern for yourself and others into the way you choose to act. This practice explores one ordinary shared situation, looking for a considerate response that also respects your limits.

You do not need to agree with someone, feel warmly towards them or find a solution that leaves everyone pleased.

1. Choose a manageable shared situation

Start with something ordinary: arranging a meeting, sharing a task or deciding how to spend time together. Choose a situation where it feels safe enough to have different preferences.

2. Clarify what matters to you

What do you want to make room for? What needs, limits or commitments should your response take into account? Be specific about what is possible for you, including any help or information you need.

3. Consider the other perspective

What has the other person actually said they want or need? What remains unknown? You can be interested in their perspective without guessing their feelings or taking responsibility for solving everything.

4. Find a considerate, realistic option

What response could acknowledge both perspectives? You might offer a choice, share information, clarify what you can do or ask a question. Sometimes a clear limit is more considerate than an offer you cannot sustain.

There may be no option that meets every wish. You can recognise that and still consider how to communicate with care.

5. Choose and review

Write a possible response and, if you wish, try it in the small situation you selected. Private rehearsal is also enough. Afterwards, consider whether your action reflected your intention and respected what was possible for you.

Good will does not require appeasing someone, forgiving harm or remaining in an unsafe interaction. Leave situations involving threats, punishment or harm out of this exercise and seek appropriate support.

GOOD WILL IN RELATIONSHIP

Consider a response

The shared situation, and what matters to me:

What the other person has said, and what I do not yet know:

A considerate response I could offer, within my limits:

An ordinary example

You and a friend want to meet, but their suggested plan is too expensive for you. You could explain what is workable and suggest another option. Your intention to spend time together can be expressed without agreeing to a cost you cannot manage.

The other person may respond differently from what you hope. Their reaction alone does not establish whether you acted with care or whether your limit was reasonable.

GOOD WILL IN RELATIONSHIP

Returning to the practice

Over four weeks

Use the pace in your Development Map plan if this practice has been recommended. Work with a manageable situation rather than trying to repair a whole relationship.

Week 1 | Include your own perspective

Describe one shared situation and what matters to you. Notice practical limits as well as hopes for how it might go.

Week 2 | Check what you know

Consider what the other person has expressed and what you are assuming. An appropriate question may give you more useful information than further guessing.

Week 3 | Try a considerate response

Choose one realistic response, or rehearse it privately. Notice whether you can communicate care and clarity without offering more than you can sustain.

Week 4 | Review the intention and its expression

What helped you take both perspectives seriously? What remained difficult or beyond your control? Decide what you want to carry into a future interaction.

What helps me act with care while respecting my own limits?

This practice supports self-reflection. It is not a treatment or a substitute for professional support.

Work with me

If this workbook has opened up something you would like to explore further, you are welcome to get in touch. I offer psychotherapy and counselling in Dalston, East London, and online. We can use an initial session to consider what brings you to therapy and whether working together feels right for you.

BOOK AN INITIAL SESSION	CONTACT ME