CHOICE & ACTION

Intention-Obstacle-Choice

About 10-15 minutes with one ordinary intention

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.

Understand what is getting in the way

You may want to do something and still find that you are not moving towards it. This practice helps you clarify one intention, look at a particular obstacle and consider a workable choice.

An obstacle can be practical, emotional or a mixture of both. It may also tell you that your intention needs reconsidering.

1. Name your intention

Choose one ordinary thing you would like to attend to. Write it in a sentence, then ask: "What matters to me about this?" You might want to make time for an interest, prepare a task or arrange a conversation.

2. Locate the sticking point

At what point does it become difficult? Describe what actually happens. Perhaps you do not have the information you need, the task has too many steps, or you feel uncertain about asking for help.

Separate what you have observed from your explanation. "I have not opened the form" is an observation. "I am afraid of getting it wrong" may fit, but it is something to consider rather than assume.

3. Hear more than one concern

Alongside the intention, is there something else that needs consideration? You may need rest, more time, reassurance or a clearer reason to continue. A competing wish does not have to be treated as an enemy.

4. Consider your options

What could change? You might make the task smaller, get information, ask for support, choose a different time or revise the intention. Identify two realistic options. Include leaving the task aside if that is a genuine choice.

5. Choose what comes next

Which option seems workable now? Make the next step specific. If you decide to wait, say what you are waiting for and when you will reconsider. If no option fits, record what remains unclear and finish for now.

Work with a manageable everyday intention. This exercise does not assume that difficulty beginning is a failure of will, or that every obstacle can be solved by changing your attitude.

INTENTION-OBSTACLE-CHOICE

Look at the choice

My intention, and what matters to me about it:

The sticking point I can observe, and any other concern to consider:

Two realistic options, and the next step I choose:

An ordinary example

You want to apply for a short course but keep putting the form aside. Looking closely, you realise you do not know whether the timetable fits your working hours. You could ask for the dates or consider a different course. Your next step might be one practical question rather than completing the application.

A choice can be provisional. Use what happens next to check whether it still fits.

INTENTION-OBSTACLE-CHOICE

Returning to the practice

Over four weeks

Follow the pace in your Development Map plan if this exercise has been recommended. You can return to the same intention while it remains relevant.

Week 1 | Clarify the intention

Describe what you want to do and why it matters. Notice the point where you tend to stop or turn away, without deciding immediately what it means.

Week 2 | Understand the obstacle

Look more closely at what is missing or difficult. Check practical conditions alongside feelings and expectations. Revise any explanation that does not fit what you notice.

Week 3 | Choose an experiment

Select one realistic option and try a small step. If you choose to defer, make a clear arrangement to reconsider. Notice what the choice makes possible and what remains difficult.

Week 4 | Review the intention

Does the intention still matter? What did you learn about the conditions you need? Decide whether to continue, adapt, seek help or let it go.

What is my next workable choice, and what informs it?

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