YOUR INNER WORLD

Meet a Subpersonality

About 5-10 minutes, including time to finish

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.

Get curious about one inner response

You may recognise different sides of yourself in different situations: one that likes to organise, one that enjoys exploring, or one that would prefer some quiet. In psychosynthesis, a recurring way of feeling, thinking and responding is sometimes called a subpersonality.

This is a way of exploring experience. You do not need to picture a character or feel that there is a separate person inside you.

1. Choose an everyday moment

Recall a recent, manageable situation where you noticed a particular side of yourself. Choose an ordinary example rather than a painful memory. Keep some attention on the room around you.

2. Describe the response

What did you notice yourself thinking, feeling or wanting to do? Use your own words. You might say: "The side of me that likes to be prepared." A name or an image is optional, and any label can change.

3. Notice your relationship with it

How do you feel towards this response? Perhaps it is familiar, useful, irritating or hard to understand. Begin with the reaction you actually notice. You do not have to make yourself feel accepting or curious.

4. Explore what seems important

If you feel willing to continue, ask: "What seems important to this side of me in that situation?" Let an impression come, or think about what you already know. You might recognise a wish for time, connection, order or enjoyment.

An answer is a possibility to consider. You can leave it unanswered, and you do not need to look for a childhood explanation or a hidden purpose.

5. Bring it back to everyday life

Is there something here you want to take into account? Consider a small response alongside the other things that matter in the situation. Then finish: look around, notice the support beneath you and move a little if you wish.

If this becomes intense or confusing, stop and return your attention to your surroundings. Leave deeper exploration for a setting with appropriate support.

MEET A SUBPERSONALITY

Get to know one response

Keep the description open

These notes describe one response in one situation. They do not need to define who you are.

The everyday situation, and the side of myself I noticed:

How I feel towards this response:

What seems important here, and what I might take into account:

An ordinary example

Before a day out, you notice a wish to plan every detail. You might call this "the organiser" and wonder whether having some information helps you enjoy the day. You could check the journey, then leave the afternoon open. That is one possible understanding; your own experience may be different.

> You can explore a response without agreeing to everything it urges you to do. There may be other preferences and practical needs to consider.

MEET A SUBPERSONALITY

Returning to the practice

Over four weeks

Use the pace in your Development Map plan if this exercise has been recommended. Keep returning to ordinary situations. The practice does not require a deeper experience each time.

Week 1 | Recognise one response

Notice a familiar side of yourself in a manageable moment. Describe what you observe, without trying to explain its origins.

Week 2 | Notice your relationship

Return to the same response if it appears again. How do you feel towards it now? What, if anything, seems important to it? Keep your understanding open to revision.

Week 3 | Make room for a choice

Consider one small action that takes account of what you have noticed, alongside the other needs of the situation. You can also decide that no action is needed.

Week 4 | Review the language

Has thinking in terms of a side or part of yourself been useful? Keep the descriptions that help, and leave aside labels or imagery that do not fit.

What have I noticed, and what remains open?

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