SHARED IDENTITY & INTEGRATION

Qualities in Service

About 10-15 minutes, with a small action if it fits

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.

Bring something of yourself into a useful contribution

A quality you value can find expression in how you contribute: listening carefully, making something clear, sharing an interest or caring for a place. This practice explores a small contribution that feels meaningful and workable.

Service here means contributing with care. It does not require unpaid work, self-sacrifice or proving your worth through how much you give.

1. Recall a modest contribution

Think of an ordinary occasion when you offered something that seemed useful or worthwhile. It need not have been an achievement or received praise. Choose a comfortable example, or consider a small contribution you would like to explore.

2. Notice what you brought

What did you actually do? Which quality, interest or ability did you express? You might recognise patience, creativity, practical skill or attention to detail. Describe it in your own words without needing to identify a special gift.

3. Consider the person or setting

Who or what might benefit from a similar contribution now? Consider what is wanted rather than assuming that your help is needed. A person, a shared project or an ordinary place you care about may come to mind.

4. Check what is sustainable

What time, energy or resources could you reasonably offer? What would you need to keep for yourself? You can decline, make a smaller offer or decide that now is not a suitable time.

5. Choose one small expression

If it feels appropriate, choose a modest contribution or ask whether an offer would be welcome. Afterwards, notice what the experience was like for you and any response you actually received. You may learn that a different contribution would fit better.

> You do not need to find a calling or take on a helping role. Your own needs still matter, and the amount you contribute is not a measure of your value.

QUALITIES IN SERVICE

Explore a contribution

An ordinary contribution, and the quality or ability I brought:

Where a similar contribution might be useful, and what I need to check:

A small offer that fits my capacity, or my reason to leave it for now:

An ordinary example

You enjoy making information clear. A group you belong to is arranging a small event, and you could ask whether a short summary of the practical details would help. If the offer is welcome, you can agree a limited task and a time that works for you.

A contribution does not have to become a continuing responsibility. An offer can have a clear scope and stopping point.

QUALITIES IN SERVICE

Returning to the practice

Over four weeks

Follow the pace in your Development Map plan if this practice has been recommended. Exploring an existing contribution may be enough; you do not need to add a new commitment.

Week 1 | Recognise what you bring

Recall a comfortable example of contribution and describe the quality or ability involved. Include quiet, everyday forms of care and participation.

Week 2 | Consider where it fits

Look at a person, place or activity you care about. What contribution might be useful, and what would you need to ask or understand before offering it?

Week 3 | Try a bounded contribution

If it is wanted and workable, make a small offer or adjustment to something you already do. Agree its limits where appropriate, then notice what happens.

Week 4 | Review meaning and capacity

Did the contribution feel meaningful? Was its cost manageable? You can continue, change the scope, choose another form of participation or stop.

How would I like to contribute while making room for my own needs?

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