

DEVELOPMENT MAP / YOUR RESULTS

Your Personal Development map

A fictional example - Alex

RULE-SELECTED STARTING FOCUS
Remaining Yourself in Relationship
SUPPORTING OPTION
Turning Intention Into Action

This report uses an entirely invented profile to illustrate the feedback a participant might receive. It contains no client material or participant contact details.

Overview

The assessment suggests Remaining Yourself in Relationship as your starting focus under its sequencing rules, rather than necessarily as your greatest measured need. Turning Intention Into Action is offered as an additional supporting option.

You come across as thoughtful, reliable and able to reflect on your experience. Your responses suggest a pattern of saying yes quickly, then noticing tension, irritation and self-criticism afterwards. There is also clear evidence that you want more room for drawing, rest and ordinary creativity, without making a dramatic change to your life. At the same time, you already have moments of steadiness: you can pause, go for a walk, write a few notes, and sometimes begin a chosen task when you make it small and keep the materials ready. The overall movement here seems to be towards staying more clearly yourself in relationship while also turning intention into action in a gentler, more workable way.

Your current landscape

At the moment, your responses suggest that relationships, especially requests at work and in plans with friends, are where the main pressure shows up. You often notice your own preference afterwards rather than before replying. You also describe a familiar internal pattern in which the pleasing side gets the first say, followed by a critical voice. The assessment does not give enough information to know more than that about the deeper causes, but it does show a repeated gap between what you want in the moment and what you say yes to.



Strengths and resources

You have several clear resources: capacity for reflection, a good grasp of more than one perspective, and some practical ways of regaining perspective such as walking and brief writing. You also have evidence of effective follow-through when you make a clear, small appointment with yourself and keep your materials ready. Your enjoyment of drawing, being outdoors and unhurried conversation points to qualities of aliveness, creativity and contact that are already present.



A central theme is learning to remain in touch with your own preferences while staying considerate of others.

Developmental themes

Another theme is softening the link between commitment, pressure and self-criticism so that choice can become more deliberate. Your responses also point to a wish for creativity and rest to have a real place in everyday life, rather than being postponed until everything else is done.

Your inner world

The material suggests a familiar sequence: an impulse to be helpful, an early yes, and then later criticism or resentment. The assessment does not identify a fuller inner conflict beyond that, although it does show a clear difference between the part of you that wants to please and the part that wants more quiet, drawing and room to choose.

Emerging direction

What seems to be seeking expression is a steadier and more direct way of relating: one that includes your own preferences earlier, allows for limits without over-explaining, and makes space for creativity without waiting for the perfect moment. This is less about changing who you are and more about giving your existing qualities-thoughtfulness, reliability and creativity-more balanced expression.

Suggested practices and workbooks

These workbooks are available to purchase separately on Courses. Purchasing a workbook is optional; you do not need to buy one to use your Map.

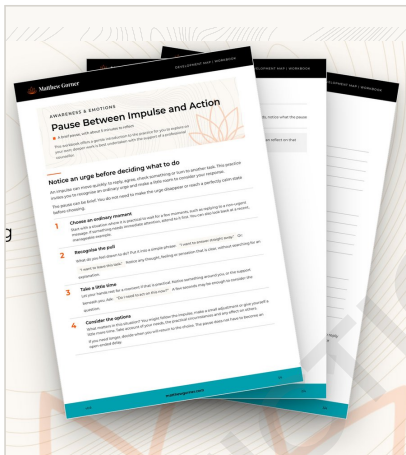


CORE EXERCISE 1

Staying With Myself in Relationship

- to support noticing yourself while responding to other people.

Make room for your own experience while paying attention to someone else. Practise noticing a preference, feeling or limit without needing to disclose everything you notice.

[View Workbooks](#)


CORE EXERCISE 2

Pause Between Impulse and Action

- to create a little room before saying yes or committing.

Notice an everyday urge and create a brief pause to consider your response. You can explore choice without needing the urge to disappear first.

[View Workbooks](#)


OPTIONAL EXERCISE

One Small Act of Will

- to support follow-through on a modest, realistic action, especially around drawing or another chosen priority.

Give an intention a manageable practical form. Choose one small action that matters to you and consider how to make it possible in your actual day.

[View Workbooks](#)



Your four-week plan

One practice at a time, at a pace that suits you.

1

Week 1 - awareness/observation

Use Staying With Myself in Relationship to notice what happens in you when someone asks for something, and Pause Between Impulse and Action to create a brief pause before replying. Keep the focus simple: what you notice in your body, mood and first response.

2

Week 2 - relationship with the pattern

Use the same two core exercises to observe the familiar pattern of quick agreement, later tension and self-criticism. If it feels useful, include One Small Act of Will as an optional support by noticing one small thing you can choose for yourself without needing to justify it.

3

Week 3 - behavioural experiment or conscious action

Choose one low-stakes situation in which you pause before answering and give yourself time to check your own preference. Use Pause Between Impulse and Action, and then make one small, clear choice that reflects what is actually available to you.

4

Week 4 - integration/review

Return to Staying With Myself in Relationship and review what helped you stay in touch with yourself while remaining considerate. Notice any shift in how you think about helpfulness, limits and creativity, and whether One Small Act of Will supports a repeatable next step.



Questions for reflection

Take one question at a time. You can write a few words, or simply notice what comes.

1. What do you notice in your body or mood just before you say yes?

2. What happens if you give yourself a brief pause before replying?

3. Where is the smallest honest preference you could name in that moment?

4. What helps you make room for drawing or rest without waiting for everything else to be finished?

5. When have you been considerate of others without abandoning your own position?



Resources and next steps

ABOUT YOUR MAP

An invitation, not a diagnosis

This map supports personal development and reflection. It is not a diagnosis or a substitute for psychotherapy or other professional support. The suggestions are invitations, not requirements. Pause any practice that feels unhelpful, overwhelming or destabilising.

Explore further with a therapist

If this Map 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](#)