



YOUR INNER WORLD

Subpersonality Diary

About 5 minutes for one entry, with occasional review

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.

Notice a familiar response in different situations

You may recognise a recurring side of yourself: one that likes to organise, wants to help or enjoys trying something new. In psychosynthesis, such a way of thinking, feeling and responding is sometimes called a subpersonality.

This diary offers a brief record of when one familiar response appears and what you notice about it. You do not need to catalogue every side of yourself or picture separate characters.

1. Choose one response to notice

Start with something familiar in ordinary life. Use a description such as "the side of me that likes to be prepared" or simply "planning ahead." A name is optional and can change as you understand more.

2. Record one manageable moment

When you notice the response, or reflect on it later, write what was happening and what you did. Keep the entry short. You can leave out names and personal details that are not useful to your reflection.

3. Describe what you noticed

What thoughts, feelings or wishes were clear? Did the response help with something or make something harder? Use what you actually remember. If something seems important to this side of you, record it as a possibility rather than a fact you must discover.

4. Include your relationship with it

How do you feel towards this response now? You might appreciate it, feel frustrated or have mixed feelings. Notice that relationship without requiring yourself to change it.

5. Look across a few entries

After two or three entries, what is similar and what differs? Consider the circumstances as well as the response. You might learn that it is useful in one setting and less helpful in another. Choose one observation to keep, then close the diary.

Use ordinary situations and a few brief entries. If the diary becomes intense, confusing or a way of watching yourself constantly, stop and return to your surroundings. Deeper exploration can wait for appropriate support.



SUBPERSONALITY DIARY

One diary entry

Date or occasion, what was happening, and the response I noticed:

What I thought, felt or did, and what seemed important:

How I feel towards this response, and one observation to keep:

Keep the label provisional

You may call a response "the organiser" and later prefer "wanting some certainty." Use the description that helps you notice what happens. A label is not a diagnosis or a complete explanation of your behaviour.

You can reuse these prompts in a notebook. Keep personal notes somewhere you feel comfortable storing them; they are for your reflection and do not need to be shared.



SUBPERSONALITY DIARY

Returning to the practice

Over four weeks

If this exercise is part of your Development Map plan, follow the pace suggested there. A few entries across the month may be enough. There is no requirement to write every day.

Week 1 | Recognise a response

Choose one ordinary response and record a manageable occasion when you notice it. Keep the description close to what happened.

Week 2 | Notice the context

Make another brief entry if the response appears. What changes with the situation, company or demands? Do not assume that similar behaviour always has the same meaning.

Week 3 | Try a small adjustment

If your notes suggest something useful, choose one modest change. You might allow a little preparation time or leave room for another preference. Record what happened without grading it.

Week 4 | Review what you have learned

Read a few entries. Has the diary helped you understand this response? Keep useful observations, revise labels that no longer fit and decide whether to continue.

What have I learned about this response and its circumstances?

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