



MEANING, DIRECTION & EMERGING POTENTIAL

The Emerging Quality

About 10 minutes, with a small action when 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.

Give a chosen quality some room

There may be a quality you would like to express more often: curiosity, courage, kindness, clarity or something else. This practice invites you to explore what that quality means to you and how it could take an ordinary, practical form.

The quality does not have to be new. You may already recognise it in moments of your life and want to give it a little more room.

1. Choose a quality that interests you

Which quality feels worth exploring now? Choose one that matters to you, rather than one you think you ought to possess. If none comes to mind, consider an ordinary moment that felt worthwhile and what you appreciated about it.

2. Make the meaning your own

What does this quality mean in the way you live? Describe it in a sentence. For example, curiosity might mean taking an interest before deciding you already know. Choose words that fit your experience.

3. Find an ordinary expression

Recall a manageable occasion when you expressed something of this quality, even briefly. What were you doing? If no example comes to mind, describe a small situation where you would like to try it.

An image, colour, word or gesture may help you explore the quality. Use one if it comes naturally, or stay with your written description.

4. Choose a small way to express it

What could this quality look like in one everyday action? Clarity might mean asking a straightforward question. Kindness might mean allowing yourself a break. Choose something that fits your circumstances and respects your limits.

5. Notice what the experience tells you

If you try the action, look back at what happened. Did it express the quality as you understand it? You may want to change the action, the wording or the quality you are exploring.

You do not need to produce a particular mood or set other feelings aside. If the practice brings pressure or unease, pause, choose another quality or leave it for now.



THE EMERGING QUALITY

Explore a quality

The quality I would like to explore, and what it means to me:

Where I already recognise it, or where I would like to try it:

A small way to express it, and what I notice if I try:

Let the quality have some flexibility

Patience might help you listen, and there may also be a time to speak clearly or bring a conversation to an end. A quality can inform your response alongside your needs and the circumstances. It does not need to become a rule.

Interest, uncertainty and mixed feelings can all accompany this practice. None is a measure of your psychological development.



THE EMERGING QUALITY

Returning to the practice

Over four weeks

Use the pace in your Development Map plan if this practice has been recommended. You can stay with one quality or reconsider your choice as you learn more.

Week 1 | Recognise the quality

Choose a quality and put its meaning into your own words. Notice small moments when you already express it, without searching for evidence that you are doing well.

Week 2 | Explore its place in your life

What helps this quality find expression? What makes it harder? Consider the practical conditions as well as your inner experience.

Week 3 | Give it a practical form

Choose one modest action that expresses the quality. Try it when the circumstances fit, and notice how the experience compares with what you imagined.

Week 4 | Review what you want to nurture

Does this quality still matter to you in the same way? Keep what feels useful, change what has become a demand, and decide whether you would like to continue.

What would I like to give more room to, and how?

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