



psychotherapy • counselling • mentoring

LIVED TIME

A DURÉE-INFORMED REFLECTION TOOL

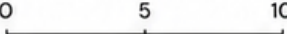
This tool invites you to notice how time is lived in your experience.

There are no right or wrong answers.

Respond from what feels true for you now.

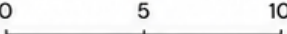
1. THE PAST

How does the past feel in me now?

Still happening  Part of my story,
but not determining me

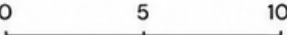
What from the past still feels alive now?

When I notice it in my body, I feel:

Back there  Here, now

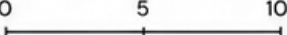
2. THE PRESENT

How does my life feel at the moment?

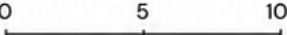
Something I am getting through  Something I am actually living

If I stop trying to solve anything for a moment, what do I notice?

Does my life feel like a flow or more like fragments?

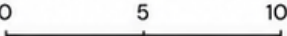
Fragments  A continuing flow

The pace of my life feels:

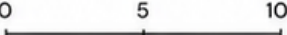
Imposed on me  Like my own rhythm

3. THE FUTURE

How does the future feel?

Already decided  Open to possibilities
I cannot yet know

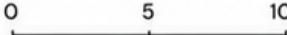
Does what I do now feel capable of changing what comes next?

Not really  Yes, it can

When I imagine the future without trying to be optimistic, what do I notice?

4. CONTINUITY

Does my life currently feel like one unfolding life?

Fragmented / disconnected  Continuous / unfolding

Where does the movement seem to stop?

Where can I still feel some movement?

5. THE EMERGING NEXT

What feels slightly different now?

What feels slightly more possible?

What seems to want to move forward?

ONE FINAL QUESTION

What might be becoming that I cannot fully see yet?
