

Worksheet: Exploring the Subterranean Life of the Hour

This worksheet is meant to help clients (and therapists) pause, reflect, and tune into the implicit life of the present moment.

Eg-Client - in his 40s-struggling with his common law partner lashes out angrily saying has not come here to see family of origin or family of creation (past failed marriage) issues

1- Presence and Absence Shifts

How much each is fully engaged or avoiding or going on tangents

Principle: Engagement

Rest Stop

Does the lashing out mark a rupture. If yes, how would you see it going forward.

If no- why not?

2- Non verbal cues

The tone, volume, silence, interruptions, bodily tension, hesitations and energy of the room

Principle: Mindfulness

Tool: Grounding

Take three slow breaths.

Notice your body: Where do you feel heaviness, tightness, warmth, or flow?

Let the present moment be enough.

Let Go and integrate the breaths with any uneasy feelings

3-Existential themes

Themes such as freedom, mortality, isolation, meaning that may not be consciously acknowledged but shape the therapeutic moment.

Principle: Naming the Hour

Tool: Without analyzing, put words to what is happening here and now.

Eg- The therapist named the anger, unease to explore habits of heart and head.

4- The Living Process Underneath

Listening not only to what is said but also to the **living process underneath**, the background, development and energy of the therapeutic relationship. How one shows up for the sessions and willingness or unwillingness (it is an evolving spectrum) to engage and be accountable.

Principle: Attunement Practice

- Notice the other person's face, tone, body language.
- Notice your reactions (tightening, softening, pulling away, leaning in).
- Practice holding both realities—mine and theirs—without judgment

Eg- The creation of empathy, going into the causes and conditions which led a person to have a certain position may be useful clues

Exploring Disconnection, resonance, what is left unspoken can be part of growth.

Rest Stop: When was the last time you felt unheard? How did you react? How do you feel about it now?

Note after the first three steps of

1- Grounding

2- Naming

3- Attunement

We can deepen this process by

4- Dialogue

5- Integration

Step 4. Dialogue with the Subterranean Life

Imagine the *subterranean voice* of the moment speaking.

1- Mindfulness of time tool- If we were having this conversation 20 years from now, what part of yourself would be protective, supportive of your needs.

2- Mindfulness of time-with spirit tool: if we were two spirits (on a human journey) having this conversation 200 years from now, what would you smile at.

Step 5. Integration

I use [Mindfulness](#) (Satipatthana) and [Johari](#) window to work through the issues of head and heart, intuition and intellect and create a customized map to help clients navigate and negotiate their journeys.

For eg- in the man in his forties who lashed out, we returned to the breath, body, energy of the room and wrote down one sentence which would capture what he discover about himself, his values and how the world works from the existential dissection of his moments of anger.

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