

Abstract

Life scripts are an unconscious way of being, which influences our thoughts, beliefs, and behaviours in relationships. Using a heuristic methodology, this research captures authentic experiences of four trainee psychotherapists transitioning to a new life script within training, with the aim of developing a deeper understanding of the nature of life script change. Semi-structured interviews were conducted exploring their experience of the transition to a new life script in training, followed by indwelling and in-depth engagement by the research to facilitate immersion into the transcribed data. Four themes emerged within the data analysis: the experience of transition, training contributions, pace, and new ways of being. Findings are offered by way of verbatim quotations leading to further comparison of the historic and current literature in the discussion of findings, highlighting limitations and recommendations for further research.