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## ABSTRACT

Opportunities for micro-initiation arising from the experience of insufficiently conveying feelings to significant persons

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Many clients seem hurt after insufficiently conveying their feelings to significant persons, but such experiences may enable them to touch their inner selves and change their way of feeling and being to others. This paper defines “the experience of insufficiently conveying feelings” as the process in which a person’s way of feeling and being oscillates and is reconstructed, triggered by insufficiently conveying their feelings or thoughts to a significant person in daily life. Interviews with PAC analysis were conducted with four non-clinical university students. In discussions with them from the standpoint of micro-initiation in daily experiences, the results were as follows. Participants had experienced separation from previous relations to a significant person and felt alienated, lonely, and indifferent. Through reconsideration of their values and trial and error, they could change their way of feeling and being. To make experiences of insufficiently conveying feelings function as a micro-initiation event may require talking about experiences with others, the arrangement of the conditions to digest what the person had genuinely experienced, and a supportive witness for the client.

**Key Words:** insufficiently conveying feelings, micro-initiation, witness for the client, PAC analysis, interview

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