Unfinished Everyday Conversations - Practice worksheet

Privately draft an unsent message about a minor unresolved task; identify the current need and decide whether any action is wanted.

Adults; supported use as appropriate | 15 minutes

Fictional example: Rae still wishes a coworker had clarified a deadline.

Use an ordinary or fictional example, with a clinician when appropriate. An unsaid message can be noticed without sending or reenacting it.

Practice task

Privately draft an unsent message about a minor unresolved task; identify the current need and decide whether any action is wanted.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What is unfinished now, as distinct from what happened then?

4. An optional next step, support, adaptation, or reason to stop:

Scope and adaptation

Keep experiments collaborative and low intensity. Chair-based or unfinished-business exploration belongs with appropriately trained clinicians after assessment, with a stop cue and an observing alternative. Do not interpret symbols, recover memories, force body focus, or use cathartic confrontation.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Gestalt Therapy: An Introduction. Full source links and scope: library.morethantherapy.org/approaches/resources/GST-A11-2