Receiving Support - Practice worksheet

Map available people, objects, routines, and accommodations that make one ordinary task more workable.

Adults; supported use as appropriate | 15 minutes

Fictional example: Rae can request a quieter room and written instructions.

Use an ordinary or fictional example, with a clinician when appropriate. Support includes environmental resources as well as personal effort.

Practice task

Map available people, objects, routines, and accommodations that make one ordinary task more workable.

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

2. My response to the practice task above:

3. What support changes the situation rather than asking you to endure it?

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-A14-2