Here-and-Now Awareness - Practice worksheet

Describe three details in the room, one thought, and an optional feeling without deciding what they mean.

Adults; supported use as appropriate | 15 minutes

Fictional example: Rae notices the clock and thinks the session is almost over.

Use an ordinary or fictional example, with a clinician when appropriate. Notice current experience before explaining it.

Practice task

Describe three details in the room, one thought, and an optional feeling without deciding what they mean.

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

2. My response to the practice task above:

3. Which observation feels most useful to stay with briefly?

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-A01-2