Saying I Notice - Concept brief

Understand the idea behind saying i notice and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae says everyone makes meetings impossible and also notices feeling rushed.

The idea

First-person language can clarify experience without assigning blame.

An ordinary example

Rae says everyone makes meetings impossible and also notices feeling rushed.

What this can look like

Rewrite three statements as observations of your own experience while retaining environmental and power factors.

Check the fit

How can ownership of experience coexist with naming real obstacles? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

Awareness is information, not a demand to explain every sensation or change immediately.

Reflection

How can ownership of experience coexist with naming real obstacles?

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-A05-1