Saying I Notice - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. First-person language can clarify experience without assigning blame.

Practice task

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

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

2. My response to the practice task above:

3. How can ownership of experience coexist with naming real obstacles?

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-A05-2