Saying I Notice - Review journal

Review an attempt at saying i notice and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. How can ownership of experience coexist with naming real obstacles? My optional adjustment or support request:

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-A05-5