Body Awareness with Choice - Practice worksheet

Choose external observation, imagined movement, or a brief body check; compare which channel offers useful information.

Adults; supported use as appropriate | 15 minutes

Fictional example: Rae prefers noticing the chair's color to focusing on internal sensations.

Use an ordinary or fictional example, with a clinician when appropriate. Body noticing is optional and shaped by access and safety.

Practice task

Choose external observation, imagined movement, or a brief body check; compare which channel offers useful information.

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

2. My response to the practice task above:

3. Which way of noticing felt accessible today?

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-A06-2