Body Awareness with Choice - Review journal

Review an attempt at body awareness with choice and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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. Which way of noticing felt accessible today? 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-A06-5