Needs into Awareness - Concept brief

Understand the idea behind needs into awareness and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae becomes impatient during a long meeting and considers a break or clearer information.

The idea

A felt signal may invite curiosity about a present need.

An ordinary example

Rae becomes impatient during a long meeting and considers a break or clearer information.

What this can look like

List several possible needs behind an ordinary discomfort, then identify what you want to ask rather than assuming one answer.

Check the fit

Which need is a possibility worth checking? 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

Which need is a possibility worth checking?

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-A07-1