Needs into Awareness - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A felt signal may invite curiosity about a present need.

Practice task

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

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

2. My response to the practice task above:

3. Which need is a possibility worth checking?

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-A07-2