Polarities on Paper - Concept brief

Understand the idea behind polarities on paper and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: One part of Rae wants to volunteer, while another wants rest.

The idea

Opposing tendencies can be explored without forcing a winner.

An ordinary example

One part of Rae wants to volunteer, while another wants rest.

What this can look like

Give two everyday preferences separate columns and write what each protects; look for a workable temporary arrangement.

Check the fit

What does each preference contribute? 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

What does each preference contribute?

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-A09-1