Unfinished Everyday Conversations - Review journal

Review an attempt at unfinished everyday conversations and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Rae still wishes a coworker had clarified a deadline.

Use an ordinary or fictional example, with a clinician when appropriate. An unsaid message can be noticed without sending or reenacting it.

Practice task

Privately draft an unsent message about a minor unresolved task; identify the current need and decide whether any action is wanted.

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. What is unfinished now, as distinct from what happened then? 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-A11-5