Dialogue and Difference - Concept brief

Understand the idea behind dialogue and difference and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae likes planning in advance; a friend prefers flexibility.

The idea

Different perspectives can coexist in real contact.

An ordinary example

Rae likes planning in advance; a friend prefers flexibility.

What this can look like

Practice describing a differing preference and asking about the other person's experience without seeking agreement.

Check the fit

What helps curiosity survive a difference? 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 helps curiosity survive a difference?

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-A13-1